

The Silent Killer – High Blood Pressure

Website: [Healthy Christian Living - Living by the Blueprint](#)

“We have come to a time when **EVERY MEMBER** of the church should take hold of medical missionary work...” (7T 62.1)

LEARN HOW TO COMBAT DISEASE:

“Gather up all the knowledge possible that will help to combat disease...” {MM 320.2-.3}

“It is the duty of every person to become **INTELLIGENT** in regard to disease and its causes...” {HL 19.5}

“...Have a practical knowledge of the causes of disease, and...understand how to give simple treatments, that...may relieve the suffering ones...” {ChS 134.2}

“It is essential both to **UNDERSTAND** the principles involved in the treatment of the sick and to have a practical training ...” (MH 127.2)

“As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake, they **SHOULD**, while they have opportunity, become intelligent in regard to disease, its causes, prevention, and cure...”

(CH 506.1)

WHAT IS THE DEFINITION OF DISEASE?

“...Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.” (MH 127.1)

BIBLE:

3 John 2 – “Beloved, I wish above all things that thou mayest prosper and **BE IN HEALTH**, even as thy soul prospereth.

Jeremiah 30:17 – “For I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord...”

Psalms 103:3 – “Who forgiveth all thine iniquities; **who healeth all thy diseases;**”

Genesis 18:14 – “Is anything too hard for the Lord...?”

- **God wants to heal us of ALL OUR DISEASES**, including High Blood Pressure. And today, **doctors will tell you that this disease can in fact now be reversed/cured.**

WE WILL BE TEACHING FROM 3 SOURCES:

- The Bible
- The SOP
- Good Scientific Material – Giving you the most advanced teaching, the most aggressive teaching in terms of health, healing and restoration.

Our class today will be on High Blood Pressure (aka Hypertension)

WHAT IS HIGH BLOOD PRESSURE?

- **High blood pressure (hypertension)** is defined as high pressure (tension) in the arteries, which are the vessels that carry blood from the heart to the rest of the body.
 - Blood pressure readings are given as two numbers.
 - **The systolic blood pressure** (the top number) equals the pressure in the arteries as the heart contracts.
 - **The diastolic pressure** (the bottom number) is the pressure in the arteries as the heart relaxes.
- Note:** To Learn How to Check Blood Pressure, read the Vital Signs Document

SOME FACTS ABOUT HIGH BLOOD PRESSURE:

- It is said that **33% of those in the U.S. have Hypertension** (HTN)(High Blood Pressure)
- More **people die** from blood vessel diseases than all other causes of death combined
- Every year about **735,000 Americans** have a heart attack.
- 1 out of every 2 women are **dying of heart attacks or stroke**
- 2% of heart attacks have nothing to do with lipids/cholesterol. 20% are R/T major stress. It can cause the heart to go into Fibrillation.
- 70% of those on dialysis is due to the medication they take for increased blood pressure levels

CDC (Center for Disease Control) says the following regarding Diabetes statistics:

- About **1 of 3 U.S. adults**—or about **76.4 million people**—have high blood pressure.
- **Only about half (52%)** of these people have their high blood pressure under control.
- High blood pressure is called the "silent killer" because it often has no warning signs or symptoms

NORMAL RANGES:

Blood Pressure Levels Should Be:

- An Ideal Pressure = <120/80 but not less than 95/55 (Top 95-120, Bottom 55-80)
- 121/81 to 129/84 = Pre-Hypertensive

COMPLICATIONS OF HIGH BLOOD PRESSURE INCLUDE:

1. Heart disease
2. Kidney (renal) disease
3. hardening of the arteries (atherosclerosis or arteriosclerosis)
4. Eye damage
5. Stroke (brain damage).
6. Heart attack

MAJOR WARNING SIGNS AND SYMPTOMS OF HEART ATTACK

- Chest pain or discomfort; pain radiating in left or right arm, or jaw
- Pain or discomfort in the upper body, arms, neck, jaw or upper stomach
- Breathlessness
- Nausea
- Lightheadedness
- Cold sweats

If having a heart attack put a pinch of cayenne under tongue or 1 t. in water and drink immediately.

NOTE: There was a particular guy on the program who started getting headaches 3 weeks into the program.

- If you are on HTN meds & you go to get up quickly & get dizzy, it's time for the medication to be decreased or discontinued.
- Keep a detailed record & go to your physician so he can decrease your meds as needed
- You have to be careful in some things you accept, because in some things some Doctors have you accept, it causes you to deny your Savior.

Many Doctors say "You Cannot Be Cured"

They will tell you that "you will be on this med the rest of your life" when Jesus says He can HEAL ALL DISEASES... **IS ANYTHING TOO HARD FOR THE LORD?** (Genesis 18:14).

IF YOU MAKE THE DEVIL MORE POWERFUL THAN GOD, YOU DENY GOD. Make sure you **DON'T LIMIT GOD** (Have Faith that that which has been given to us regarding health regarding getting to the root of disease will work).

WHAT CAUSES HIGH BLOOD PRESSURE (HTN)/HEART DISEASE?

- **Increased Cholesterol Levels** (Cholesterol found in flesh foods and animal products). <150 is the best for optimal health.
- **Pork** has something in it called TYRAMINE. (cheese has it too) Tyramine produces high blood pressure in just a matter of time.
- **High Salt Intake Causes HTN**
We all need some salt (Mark 9:50)
Make sure that it is a salt that has 80+ minerals, including iodine.
Iodine is essential for proper THYROID function.
*Salt is ESSENTIAL TO MAKING GOOD BLOOD
No more than 2,500 mg a day needed
- **If You Have A Low Potassium Diet:**
Sodium (Na) is found mainly in the blood / outside the cell.
POTASSIUM however is an intracellular (in the cell) element.
If you're eating a LOW POTASSIUM diet, your SODIUM is going to go into the cell to replace the POTASSIUM that is not there.
This will make changes in your fluid balances.
Fluid in your body generally follows sodium.
As the SODIUM (Na) goes, the fluid goes.
Too much fluid in the body means we need to get some SODIUM out of the body.
SODIUM & POTASSIUM have the same charges.
When these two move around in the body, BLOOD PRESSURE CAN INCREASE.
It's essential to have enough adequate amount of POTASSIUM in our diet.
A decent POTASSIUM LEVEL will help lower the risk of having Hypertension.
- **Potassium Rich Foods**
The #1 source of potassium is?
Blackstrap Molasses.
It has 2492 mg per 100 edible grams.
It is the 2nd leading source of calcium.
Very high in iron.
Banana (396 mg. per 100 gm)
Avocado = #1 LEADING FRUIT FOR VITAMIN E...
Vitamin E very important for the heart.

It has 599 MG OF POTASSIUM.

Almonds HAVE 732 mg (Considered the highest in POTASSIUM OF ALL NUTS)

Tofu/Soybeans have 1797 mg

Apricots = 482 mg

Q: WHAT ELSE CAUSES HYPERTENSION?

- **Lack of exercise**

- **High Fat Diet**

Causes hardening of the arteries

Frying food puts a lot of fat in the diet

Animal Products are the #1 source of unhealthy fat

Cheese is the highest form of fat

- **Smoking**

D/T plaque build up

- **Alcohol**

Eating and drinking at the same time, as well as combining milk and sugar produces as much as two 16.9 oz. bottles of alcohol per day of intestinal fermentation.

*****Princess Diana's driver was not a drinker, but when they did an autopsy on his body and checked his blood, he was legally intoxicated. Not an ounce of alcohol passed his lips. He had eaten food that consisted of a combination of milk and sugar and this fermented in his stomach causing the intoxication.**

Q: WHAT ELSE CAUSES HTN?

- **Lack of Nitric Oxide in the arteries**

*Beans have something in them called L-Arginine (an amino acid).

L-Arginine produces Nitric Oxide.

When Nitric Oxide is present, the artery relaxes and the BP comes down.

*Beans & Rice + following the laws of health can help with chest pains.

*****In Dr. Gallant's first year of Medical school, he learned that Rice and Beans contain all of what are classified as the ESSENTIAL AMINO ACIDS.**

That's why we're taught that so many developing nations that eat Rice & Beans don't have all the diseases we have here in America.

L-Arginine helps relax the smooth muscles in the blood vessels, thereby, lowering the BP (Blood Pressure) That comes from a MASTER PLAN...It doesn't just happen by chance.

Q: BY THE WAY, DO YOU KNOW WHAT THE MEDICAL SIDE OF THAT IS?

Instead of nitric oxide that is found in the beans, what do hospitals give?

A: Nitroglycerin – That's the scientific for of the Nitric Oxide.

God's Natural Form = Rice & Beans

THE #1 SOURCE OF L-ARGININE =PUMPKIN SEEDS which are the #2 SOURCE OF MAGNESIUM.

They have 535 mg. of magnesium.

*****PUMPKIN SEEDS PARALYZE WORMS & CAUSE THEM TO RELEASE THE HOOK. COME BEHIND WITH SOME FLAX SEED OR SENNA & the worm goes right out.**

Eat pumpkin seeds with pineapple is really a great benefit.

***FISH CONTAIN PARASITES THE WORMS OF FISH GROW UP TO 40 FT. LONG.**

***PUMPKIN SEEDS = Antiparasytic**, that gets rid of worms.

It also benefits the Prostate in Males; it has a lot of medicinal purposes.

*It's not uncommon for people who eat fish to become deficient in Vitamin B-12 because the fish worms feed on B-12.

Q: WHAT ELSE CAUSES HTN?

A: Green/Black/Chai/Lipton Tea/White Tea/Red Tea

- **THESE SHOULD NEVER BE USED** (CD pg. 420.2)
- All these teas contain 400 poisons/chemicals
The word tea is scientific & stands for a word called (Tea-(tee-uh) Synensis).
The name of TEA is the name of Green Tea, Black Tea, *White Tea, Lipton Tea, Red Tea.
(Xerox is a Brand, but it is not copying, but we associate Xeroxing as being copying –
Kleenex = a brand name, but it's not the tissue (The World TEA IS A BRAND)

*****Tea is stimulating and poisonous.**

If you have Decaf Green Tea, you have green tea without the stimulating effects, **but you still have the poisons**. These teas contain over 400 chemicals in them.

***Tea destroys Vitamin B-1, which is responsible for the Nervous System**

Q: HOW DOES IT DESTROY THIS VITAMIN?

A: THE ENEMIES PLAN IS TO GET CONTROL OF OUR MIND.

What is B-1's importance? B-1 is essential to prevent Parkinson's Disease.

Is PARKINSON'S PREVALENT TODAY?

Just about every one over the age of 75 has Parkinson's.

***VITAMIN B-1 ALSO HELPS PREVENT NEURALGIA**

(That's where your nerves don't work well). You either have pins & needles or you can't feel things.
Things just aren't working well, especially the nerves in your periphery, your hands & your feet.

*****TEA DESTROYS VITAMIN B-1**

B-1 DEFICIENCY leads to **DEPRESSION, GLAUCOMA, and many other medical conditions**

*These teas (Black, White, Red, Chai, Green)

Have Phynelic Tannins that stop the absorption of iron.

It causes anemia. (Counsels on Diets and Foods)

***A DEFICIENCY OF VITAMIN B-1 WILL CAUSE HAIR AND NAILS TO FALL OUT.**

***Medicines don't cure the problem; they are just a band-aid to mask the symptoms which lead to other problems.**

Q: WHAT ELSE CAUSES HTN?

- **Obesity**

WHY?

For every extra pound of weight, they estimate an additional mile that the blood has to travel through.

There's about an extra mile of blood vessels for every one additional pound.

If you have to push that blood through that many extra miles, you're going to need higher pressure source to get it all the way through the circuits & background.

***For every 1 lb. that you are overweight, it takes 1 month off of your life. So 60 lbs. overweight would be 5 years off of your life.**

- *In your GENE, it has your height & your weight, and when you properly follow the Laws of Health, the weight will drop off to your proper size.

If you are underweight, the weight will add on to your proper size. And if you're going to bed at the proper time, your body automatically calculates itself based on what's written in your GENE (Your Genetic Code), for your height, if you are too big, in a gradual manner, now that everything is working the way it should, you're going to drop off the extra lbs. And once you get to where you are supposed to be, based on your GENE, it stops.

- *The perverted world we live in teaches that as we age, we should get bigger and bigger and bigger, but that's not what God intended for us.

God intended for us to live a healthy life, to be able to serve Him all our life. To gracefully age like Moses did (Deuteronomy 34:7) and then go lay down in His grave and wait for His 2nd return. That's what God intended for us. Not to come down with all these diseases; not to be riddled with the **DISEASES OF EGYPT**

(Heart Disease was one of the diseases of the Egyptian Mummies from the days of Moses).

He intended for us to live a life to serve him. (See CD 118.1)

When you measure a person's wrist, you can find out what build their body is.

<6 Inches = Small Frame

6-7 Inches = Medium Frame

> 7 Inches = Large Frame

See book **How to Live** - page 169

WHAT TO DO FOR IMMEDIATE RESULTS:

- **A. Dangerously High Blood Pressure:**

1. **2 Garlic cloves chopped with (2) 16 oz. bottles of water** (if they don't have kidney problems)
<http://www.emaxhealth.com/1275/should-you-take-garlic-fight-high-blood-pressure>

OR

2. **One clove of garlic inserted in the rectum with oil on it**

3. **Drink Beet Juice...**16 oz. within 30 minutes

If the beet juice is causing headache, drink within 45 minutes

4. **A Hot Foot Bath** (20-30 minutes)

Be sure to have a cold rag around the nape of the neck and the forehead

- **For Serious Blood Pressure That Won't Go Down**

Go on an Apple Fast for 3 days/ 3xday

Eat different apples for each meal

If the BP is still not normalized after 3 days, go on a fast x 3 days, taking in only water and herbs

- **B. Rapid Pulse:**

Ice rags around wrists and ankles

- **C. Low Blood Pressure:**

1. Suck on cayenne and should see it go up in 1.5 hours
2. Put a pinch of salt on the tongue and give a couple of glasses of water to drink

- **D. Stroke:**

If the person is able to do so

1. Give them 1 tsp. cayenne pepper in 8 oz. of water and have them drink this

OR

2. Get a tincture bottle of 90,000 heat units and drop one dropperful inside mouth on the side

NOTE: *A person who has High Blood Pressure with kidney problems –Put a charcoal poultice over the kidneys This will take a lot of burden off of the kidneys.

ALSO - Put Hot Fomentations over the kidneys

This will Increase the Renal Blood Flow and Decrease Renin Production

Give the person a Kidney formula tea as found in the Two Month Program

*****BE SURE TO FOLLOW ALL THE LAWS OF HEALTH**

*****PLEASE GO ALONG WITH THE TWO MONTH HEALING PROGRAM**

*****CHECK YOUR BLOOD PRESSURE EVERY MORNING UPON ARISING**

*****EAT FOODS HIGH IN MAGNESIUM**

FOODS HIGH IN MAGNESIUM:

- Artichoke
- Beans (especially white)
- Blackstrap Molasses
- Bran
- Dates - One of the highest sources
- Nuts – Brazil Nuts, Almonds, Hazelnuts, and Cashews
- Pumpkin Seeds
- Seeds (especially pumpkin and sesame seeds) 2nd highest source
- Sesame seeds 3rd highest source
- Spinach
- Tofu
- Vegetables (especially green) (this is why people who do chlorophyll drinks get rid of most magnesium deficiency problems)
- Wheat Germ
- Whole Wheat Flour

IF YOU HAVE A LOW POTASSIUM DIET:

- Sodium (Na) is found mainly in the blood / outside the cell.
- **POTASSIUM** however is an intracellular (in the cell) element.

- If you're eating a **LOW POTASSIUM** diet, your **SODIUM** is going to go into the cell to replace the **POTASSIUM** that is not there.
- This will make changes in your fluid balances.
- Fluid in your body generally follows sodium.
- As the **SODIUM** (Na) goes, the fluid goes.
- Too much fluid in the body means we need to get some **SODIUM** out of the body.
- **SODIUM & POTASSIUM** have the same charges.
- When these two move around in the body, **BLOOD PRESSURE CAN INCREASE**.
- It's essential to have enough adequate amount of **POTASSIUM** in our diet.
- A decent **POTASSIUM LEVEL** will help lower the risk of having Hypertension.

POTASSIUM RICH FOODS

- **The #1 source of potassium is...Blackstrap Molasses.**
- It has 2492 mg per 100 edible grams.
- It is the **2nd leading source of calcium**
- **Very high in iron**
- **Banana** (396 mg. per 100 gm)
- **Avocado** = #1 LEADING FRUIT FOR VITAMIN E
- **Vitamin E** very important for the heart
- It has **599 mg of potassium**
- **Almonds** HAVE 732 mg (Considered the highest in POTASSIUM OF ALL NUTS)
- **Tofu/Soybeans** have 1797 mg
- **Apricots** = 482 mg

MAINTENANCE/TREATMENT THE TREATMENT FOR LOWERING BP:

- **Follow the Laws of Heath** (Read 'Basic Principles for the Healing Program' Ref #65 *
- **Get 1 hour of sunshine every day before 12 pm.**
- **Lemon Water** (the juice of 2 freshly squeezed lemons) Drink out of a straw with the straw at the roof of the mouth so it doesn't mess up the enamel.
- **Take a Warm bath every day** x 20 minutes/ x 30 – 60 days
- **Eat 1-2 cloves of fresh GARLIC** /2x day/ every day...or use GARLINASE
OR
- **Take garlic tea**
Chop 4-6 cloves of fresh garlic and pour 10 oz. of boiling water over let steep x 20 minutes
Drink when warm - do this 3 x day - include this in your total water intake for the day
- **Take 1000 mg Hawthorn Berry 3xday/every day** x30-60 days
- **Eat a handful of pumpkin seeds every day** (closed fist full)
- **1 to 2 T. Blackstrap Molasses**
(#1 leading source of Potassium and very high in Magnesium)
As long as you don't have diabetes...
Potassium naturalizes sodium & brings that BP down
- **2 T. of flax seed freshly ground every day** (Add to cereal, pancakes, toast, waffles, cereal, etc.)
- **STOP ALL NON-HERBAL TEAS AND DRINK**
"LINDEN TEA AKA "TILO"
Valerian Tea too...
Passion Herb Tea is great too
- **Include Foods High In Magnesium**

- **Include Foods High In Potassium**
- **Remove Spicy Foods**
Cayenne Pepper/Chili Peppers/Hot Sauce

These items raise the Blood Pressure

If it goes in hot and comes out hot, the body hasn't done anything to alter the chemistry of what you have just taken in.

If the body hasn't done anything to alter the chemistry, then it's not doing any good for your body...

Look in the **FOODS THAT HEAL BOOK -- UNDER PEPPERS**

- **Nothing With Vinegar In It; No Condiments**
- **Be In Bed By 9:00 pm**
If a student, it should be 9:30 pm.

*****Be sure to check the blood pressure before and after each treatment to see how effective the program is going.**

MORE INFO:

- Soda raises the blood pressure 77% of the time
- Restaurant Food raises blood pressure
- Magnesium(get it from the food) helps decrease contractility & relaxes blood vessels
- Blood Pressure can be regulated by Proper Breathing
- Blood Pressure can be Normalized in a few weeks
- Blood Pressure Medication can cause Erectile Dysfunction
- 80% of persons on Blood Pressure Medication wind up on Kidney Dialysis
- A person can be off their blood pressure meds in as little as 2 months
- Blood Pressure meds are classified as:
 1. Ace Inhibitors
 2. Beta Blockers
 3. Calcium Channel Blockers
 4. Diuretics
- Lack of Sunshine causes blood pressure to increase

Note: If top number is high and bottom number is low, this is a sign of Vitamin D deficiency.