

CARDIOVASCULAR LIFESTYLE PROGRAM

LIFESTYLE RECOMMENDATIONS FOR HIGH BLOOD PRESSURE, HARDENING OF THE ARTERIES, STROKE AND HEART CONDITIONS

This condition is most often found among the older or middle-aged, and has most distressing symptoms, such as dizziness, pounding in the head, headaches, and general feeling of nervousness. It is found more frequently among the overweight than among those of normal or subnormal weight, as the blood has to be pumped through a much greater area in the former case, thus putting a greater strain on the heart.

In high blood pressure, there is a thickening or contraction of the arteries, usually accompanied by hardening. The heart has to pump much harder in order to force the blood through the decreased blood vessels, so the name of high blood pressure is given to this condition. Because of the hardening of these arteries, they cannot expand as they should when the blood is being pumped through them, and occasionally one of the walls breaks and blood escapes. When this occurs, a clot or thrombus, as it is called, is formed. This clot may lodge in the brain, thus cutting off messages to parts of the body, the condition being known as a stroke or, if a clot happens to lodge in the heart, it cuts off the free flow of the blood to or from the heart, causing a terrible spasm of pain, or even death itself.

Monkeys fed on a diet deprived of Vitamin B-6, or Pyridoxine, from five and a half to sixteen months, all developed hardening of the arteries. Another group of monkeys received Pyridoxine and did not develop this disease. The hardening of the arteries in the first group, progressed much the same as in humans; the inner lining loosening and the cells multiplying and thus decreasing the size of the arteries with the resultant condition which we know as high blood pressure. It took a relatively long time to create this condition, just as it does in humans.

This lack of Vitamin B-6 is one of the causes of the weakening of the walls of the arteries, but there are probably many causes. However, in all diseases, we find first, a weakening of the cells and next, waste deposits in those weakened cells. In recent years, it has been discovered that a certain waxy substance called CHOLESTEROL deposits on the inside of the blood vessels which makes them thicken and harden. Deposits of calcium also has the same effect. Have you ever noticed in an arthritic, calcium always settles in the weakest part - where there has been a previous injury, perhaps.

B-vitamins are in abundance in whole grains. Therefore when refined grains products are eaten, Unbleached Flour(this is not whole grain flour), White Flour, White Rice, White Pasta, these all are causing degeneration of your cardiovascular system leading to various diseases of this system. What God has put together let no man put asunder. Grains were made by God to be eaten whole and when ground to meal or flour when all the parts are kept together you insure healthy results in their intake.

As sodium tends to keep calcium in proper solution, it is very important that the diet consists of a great deal of the foods containing this element. After the calcium has settled, it is almost impossible to EAT enough of the sodium foods to do a great deal of good, as the stomach can hold only a small quantity of the bulky vegetables; then too, the vegetables have to be chewed, digested and absorbed before they are taken into the blood stream.

In the form of raw vegetable juices, there is no chewing and practically no digestion required. Within fifteen minutes after drinking them, they are taken into the blood stream and carried through the arteries and the organic minerals, direct from the live plants, sometimes accomplish seeming miracles in taking back into solution the deposits along the walls of the arteries or veins. However, these juices must be entirely free of pulp, or hours may elapse before they are taken into the blood stream. Best results are also obtained when the juices are taken on an empty stomach. High blood pressure usually responds to a combination of carrot, celery, and beet juice in a remarkably short time.

High blood pressure is often found in connection with nephritis, gout, and diseases of the heart, and in all those conditions which are the result of over-feeding combined with lack of exercise, or with worry. Meat eaters have invariably a higher blood pressure than vegetarians.

Summing up, the chief causes of this condition are:

1. The over-consumption of fats, starches, meats and rich foods.
2. The use of stimulating drinks such as black tea, coffee, caffeinated energy drinks and alcohol.
3. Stimulating foods such as seasoned and spiced foods, tobacco and drugs.
4. A lack of the natural foods which contain the necessary elements to prevent the depositing of calcium and cholesterol in the arterial walls.
5. B-vitamins are found in abundance in the bran of grains. Therefore it is necessary to eat everything whole grained to prevent degeneration of the cardiovascular system. In other words, B-vitamins help in maintaining the structure of your tissues. Remember your food provides the building blocks for every component of the body therefore if the B-vitamins or other elements are missing your body cannot carry out its daily repair when you sleep 6+ hours every night.

Through the process of breathing, oxygen is taken into the system. This oxygen combines with the waste matter to form carbon dioxide. If we do not get rid of this waste matter, nature increases the blood pressure to force the blood to the lungs to absorb more oxygen. In kidney diseases nature raises the blood pressure so that more blood will be forced through the diminished blood vessels there to clean out the accumulations of wastes. Thus we see how nature is always trying to correct any condition which

would interfere with the body's normal actions. In order to assist nature in her attempt to correct this condition, we must first help her in her task of cleansing the body of waste deposits.

First, cleanse the body, then build up good healthy cells which can do their work of keeping the body functioning properly.

A fast should be undertaken for one to seven days, depending upon the severity of the case and upon the tolerance of the patient. During this time, nothing should be taken but the juices of fruits and vegetables, such as oranges, grapefruits, lemons, apples and a combination of carrot, celery, and beet.

Every night of the fast, an enema, consisting of warm water and the juice of half a lemon, should be taken to cleanse the body of the poisons and wastes which are being loosened by the action of the juices. Alternate your enemas with Dandelion, Burdock or Bayberry tea.

After the fast, the diet should consist of nothing but raw fruits and vegetables for at least two weeks longer. No starch, fat, or protein whatsoever should be taken during this period.

It will be astonishing to most people to note the result they will obtain in this length of time, but it is simply a matter of cooperating with the body and assisting, instead of hindering its effort to help the body right itself.

After the restricted diet, other things may be added to the diet then consisting of the following: Fruits and vegetables, both raw and cooked, raw fruit juices, raw vegetable juices in generous amounts and, whole grain: bread and cereals(without additives & preservatives).

The following is a list of foods to be avoided:

butter, cream, ice-cream, milk, cooked free fats/oils, meat, fish, seafood, egg yolk, lard, heart, liver, kidneys, sweet breads, oysters, crabs, shrimp, lobster, fish liver oils, fat meats such as bacon, pork, sausages, or gravies, and chocolate or foods containing chocolate.

A liquid oil may be used in place of butter. Use 2 Tbs. of olive oil or flaxseed oil daily **if used cold** on breads and salad. But never, ever cook with oil!

Salt should be strictly limited to one tsp. daily. Tap water should be avoided, using distilled water. Sea salt with natural minerals can be used without a problem.

A hot Epsom salts bath, using 2 1/2 lb. of commercial Epsom salts to the bath, should be taken nightly for the first week, just before going to bed. Remain immersed in this bath for 15 minutes, massaging every part of the body. This promotes circulation and

perspiration (thus assisting nature in the work of ridding the body of waste matter through the pores of the skin) and also relaxes the nerves. In severe cases where the patient cannot help themselves, a plastic sheet should be placed on the bed, and the patient wrapped in a cotton sheet wrung out of cold water, then in the plastic sheet. Place 3 or 4 hot water bottles around them and cover them well with blankets. This wet pack promotes elimination through the skin, relaxes the arterial tension and induces sleep. The patient should remain in the wet pack for several hours or all night if desired. See Water Therapy Manual.

When able, a daily walk is excellent, gradually increasing the distance. Breathe deeply while walking, as this relaxes the nerves, and learn to put out of the mind all worries or destructive thoughts. Every afternoon, take a rest. Some times a cloth wrung out of cold water and placed on the forehead will assist in putting all exciting thoughts out of the mind. Reading of good constructive books assists in keeping the mind cheerful. No novels, fiction, science fiction, spiritualistic/occult books. We have found the Bible works the best in conjunction with Ministry of Healing, Steps to Christ, The Desire of Ages, Christ Object Lessons, Thoughts from the Mount of Blessing, Patriarchs and Prophets. Contact us if you are not aware of where to obtain a copy of these books.

A combination of carrot, beet and celery (with emphasis on the celery juice), is very beneficial. The drink should be made palatable so the person may take copious amounts of it, taking at least two quarts daily. Garlic with Lemon is also very helpful and may be added to the juice, or garlic capsules may be taken in addition to the juice(if raw garlic & lemon cannot be tolerated).

When unable to get natural sunshine, Vitamin D should be taken through sun lamp treatments, as the body cannot utilize the calcium except in the presence of Vitamin D. On December 4, 1949, there appeared in the Lewiston Tribune, in Lewiston, Idaho, a report of a prominent Philadelphia heart specialist.

Dr. Edward L. Bortz stated that: The average person does not take care of himself. He takes too few baths, eats too much of the wrong kind of food, and generally over-stuffs, passes up exercise and doesn't bother to relax. He said that was what really kills them. They wear out their bodies 30 years too soon.

Blood vessel breakdown causes four times as many deaths as cancer, and this means that people are just worn out, run down by neglect. Heart failure, strokes, high blood pressure, varicose veins, coronary thrombosis - all are variations of blood vessel breakdown. Dr. Bortz recommends Health Conservation or preventive medicine. He said, The whole philosophy must be changed from curing people after they get sick to one of keeping them from getting sick at all. He said this should start right in the schools in the kindergartens, if possible.

Dr. Bortz said, The life span of the individual could be increased 30%; he could live to be 100 easily by correct living. Actually, the life span today is no longer than in the days of Christ. In the United States, the people are overfed. If Americans would cut down on

eating 50%, they would live longer and be healthier. The average person thinks that plenty of food gives him health. That's a mistake mainly because so much of today's food is fatty. Fat causes most blood vessel breakdown. Dr. Bortz, who is past president of the American Medical Association and chief of medical service at Lankenau Hospital, is recognized as an authority in this field. He said that Health Conservation should be one of the major projects in every community.

DO NOT EAT UNTIL YOU ARE FULL. FOR HEART CONDITIONS IT IS CRITICALLY IMPORTANT THAT YOU STOP EATING BEFORE YOU ARE STUFFED. Digestion causes the most strain on the heart of any activity except for sex. Therefore temperance is of the utmost importance here. Stop eating about 5-15 minutes before you anticipate you will be full. You will notice a big difference in the heart rate after following this method. The heart needs rest to recover its strength, which means less heart beats.

The response of high blood pressure to the use of juices and proper diet is becoming common knowledge. The first thing a modern doctor does nowadays is to put a high blood pressure patient on a diet. The use of the raw juices usually speeds up the recovery tremendously.

High blood pressure is not a disease, but a body's defensive and corrective measure initiated to cope with pathological conditions in various functions of the body, such as general toxemia, impaired kidney functions, glandular disturbances, defective calcium metabolism, degenerative changes in arteries (arteriosclerosis), overweight, and emotionally caused dysfunction in vaso-motor mechanism, etc.

Nutrition or other programs suggested below are aimed at removing the cause of high blood pressure.

DIETARY CONSIDERATIONS:

Emphasis on low sodium high potassium foods: vegetables, fruits, whole seeds; best cereals are: Millet, Buckwheat, Oats and Rice.

Eat plenty of raw green leafy vegetables and raw fruits: watermelons are beneficial (eaten by themselves, seeds included as your evening meal). Garlic specifically for high blood pressure, eat a lot of it. Garlic and Buckwheat are rich in rutin.

Do not overeat, remember obesity is one of the main causes of high blood pressure.

Do a juice fast for three to five days. This is most effective for high blood pressure, bringing about, in most every case, a sharp reduction in the systolic pressure in a short period of time.

Vegetable and fruit juices and vegetable broth will supply blood and tissues with the important mineral, potassium, which helps to eliminate accumulated sodium (salt) from the tissues. A juice fast also normalizes and corrects most other disturbances and malfunctions in the body which might be contributing causes to the elevated pressure.

Note: For those who for some reason cannot fast, a watermelon diet for a week (eat nothing but watermelon for one week 3 meals a day) can be tried. If you prefer any other type of fruit may be substituted. For example: Apples, Grapes, Cherries, Strawberries, Oranges, Grapefruits, Pears, Pineapple, Kiwi, etc.

Brown rice/fruit diet is also shown to be effective; eat nothing but whole cooked brown rice and cooked and raw fruits for one or two weeks.

Dry brush massage morning and evening. Lots of exercise, walking and deep-breathing exercise.

High blood pressure patients should exercise as much as possible, starting with mild exercises and walking, gradually increasing their length each day.

Vitamin B-3(Niacin) 100 mg 3x daily

Vitamin B-6 100 mg 3x daily

Vitamin C: 3,000-5,000 mg 2x daily.

Chromium 10 grams daily

Magnesium: 500 mg 2 x daily.

Vitamin E: 400-600-800 IU, start with 400 and end with 800 IU 1x daily.

(The above supplements are recommended **only** to start for the first month. Then your reliance should be on the raw foods, juices, etc.

Drink one pint of vegetable green juice daily and 1 quart of carrot juice daily.

Potassium: Vegetable broth. See 7-Day Super Cleanse

CoQ 10 100 mg daily for 3 weeks

Acetyl-L-Carnitine 1000 mg a day

Cayenne 1 capsule 3x per day(90,000 HU or more)

Lily of the Valley 3 capsules 3x per day

Lecithin(Non-GMO) 1 T twice per day

Brewer's Yeast 1 T with each meal

What You Can Do:

- 1) Take a hot Epsom Salt bath, adding 2 1/2 lbs of Epsom salts to the bath nightly for the first week, just before going to bed. Remain immersed for 15 minutes massaging every part of the body to promote circulation and perspiration(thus assisting nature in the work of ridding the body of waste matter through the pores of the skin) and relaxes the nerves.
- 2) In severe cases where the person cannot help themselves, a plastic sheet should be placed on the bed, and the patient wrapped in a cotton sheet wrung out of cold water, then in the plastic sheet. Place 3 or 4 hot water bottles around them and cover them well with blankets. The wet pack promotes elimination through the skin, relaxes the arterial tension and induces sleep. The person should remain in the wet pack for several hours or all night if desired.

- 3) If able buildup to a 45 minute walk after each meal or early in the morning. Also practice taking at least 20 deep breathes 3 times per walk. Memorize scripture (complete Psalms or Chapters if possible) while walking, learning to put worrisome thoughts out of the mind by focusing on memorizing scripture or praying.
- 4) Place a cold towel on the forehead to help put away nervous, anxious thoughts and read the Bible or an E. G. White Book or a good book about a personal testimony of God's deliverance of someone. These are extremely encouraging and uplifting of the mind reducing stress and anxiety which will accelerate recovery.

FOODS THAT HELP REDUCE CHOLESTROL BUILDUP

Whole Grains: always use 100% Whole Grain in cooking or products you buy
~Wheat, Oats, Brown Rice, Millet, Rye, Kamut, Quinoa, Buckwheat, etc.

Grapes

Garlic

Apples

Grapefruit

Beans

Raw Vegetables

Herbs that Help - Daily

Hawthorn Berry

Motherwort

Angelica Root

Butcher's Broom

Cayenne(90,000 H.U. or higher) DO NOT COOK it. Use it raw or dry.

Garlic, raw in Lemon, Grapefruit or Orange Juice

Food that should NOT be eaten

Do Not cook with free oils; stir-frying, deep frying, or broiling, etc; oils inhibit digestion
Eliminate animal products; these all are difficult to digest

Meat, Seafood

Dairy: Cheese, Eggs, Milk, Yogurt

Sugar: surprisingly has no cholestrol but it increases cholestrol in the blood stream bringing it from the cells into the blood, it also prevents restoration and healing of the veins & arteries.

To get started with this program purchase the materials necessary for the Bowel Cleanser listed below or you can purchase the AIM Herbal Fiberblend product. With these combine it with 1 Tablespoon of Sonne's 7 for pulling out additional toxins. Also follow the 7-Day Super Cleanse outlined on a separate document.

No Enema Bowel Cleanser

Psyllium 1 lb.

Alfalfa 1/3 lb.

Slippery Elm 1/3 lb.

Apple Pectin 1/3 lb.

Mandrake 3 Tbsp.

Agar Agar 1/3 lb.

Mix together and take one Tbsp. in 4 oz. of juice. Shake up five times and drink right down.

~Your intestinal cleansing is best done at least in the morning upon rising and just before you sleep. You may have a need for 1-2 other times during the day also.

Additional Therapies that can be very helpful.

One of the below should be done every day 5-6 days per week.

Temper Bath

Salt Glow

Hot Foot Bath with Fomentations to the back and/or chest.

~See *The Water Therapy Manual* by Vance Ferrell