

BODYTALK  
WITH  
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ON

CLASSIC GOLD DIGITAL

**BLOOD PRESSURE, BREATHING AND RESPERATE**

It's only a couple of months since we last talked about blood pressure problems here on Classic Gold. Not surprisingly thousands of you went to the website and downloaded the fact sheet because as you heard Graham and I discuss, there are many simple things that anyone can do to help reduce raised blood pressure. Since then I've found out about an amazing but simple gadget which can help anyone to lower their blood pressure. Based on the old concept of biofeedback – a way of training the body to respond to instructions from the mind – this electronic device does away with the need for one to one teaching sessions and with a combination of sounds and visual displays allows you to do it in your own home.

This approved and prove medical device has been shown to produce significant reductions in blood pressure within 4-6 weeks. In only 15 minutes a few times a week you could reduce your breathing rate and pattern enough to have a real and beneficial effect on your resting blood pressure.

Of course you must use it as part of your general health care programme aimed at reducing blood pressure and continue to take medication that has been prescribed by your doctor. Inevitably he or she will be delighted to reduce your medication in line with the drop in your blood pressure.

Case History

I recently spoke to Julie Austin who's had direct experience of high blood pressure and Resperate – here's her story.

Julie Austin, 38, lives with partner Norman and daughter Lauren, 14, in Burnham, Bucks. She went for a health check and was horrified to find she had high blood pressure. 18 months later she was still taking pills which she hated and no better. Happily she found a natural drug-free alternative that worked.

"I only went for a health check because my father died suddenly the previous year of heart disease and there seemed to be a history of it in the family. Because I was active and usually careful with food I was staggered by the results - cholesterol 7.2 and blood pressure 150/95 – both too high.

"I was so stressed by the results and worried by what might happen that it shot up to 165/100 and I had to take medication. Even with the pills the pressure was still too high at 145/95 in early 2005 and by then I was even more anxious about the side effects of all the drugs. I tracked down a gadget called RESPeRATE on the internet which cost £200 with a money back guarantee if blood pressure didn't drop in 8 weeks. I had nothing to lose so I bought one.

"After six weeks and 15 minutes a day, my blood pressure dropped from 145/95 to a normal 120/75 just by learning how to breathe. The GP reduced my medicines and by Christmas stopped them altogether. In spite of my stressful job as a school welfare officer it's stayed normal and my

cholesterol's down to 6.1. I've changed my diet, use the machine three times a week and don't worry about strokes and heart attacks."

## MICHAEL SAYS

Julie's diet is terrific – porridge, wholemeal toast, honey or Marmite for breakfast; fresh fruit, veg and occasional chocolate; home made chicken, fish, hummus, salad in wholemeal pita for lunch; meat, fish, pasta, fruit, beans and veg – home cooked in the evening. All the foods that help reduce cholesterol and blood pressure but she must add more garlic, onions, leeks, nuts, seeds and oily fish.

RESPeRATE is amazing. Fix a sensor to your chest, put on headphones, sit comfortably and breathe. The machine analyses each breath and gives visible and audible signals to help keep breathing even. Next it composes a tune – all you do is breath with the rhythm as it slows down to the lowest comfortable rate. As your breathing drops so does the blood pressure.

If you've been prescribed medication, never change without your doctor's approval. This machine uses bio-feedback techniques through which you can control blood pressure, heart rate, stomach acid and even body temperature. This Class 1 medical device with its new technology makes it quick and easy to learn.

Available from [www.healthwholesaledirect.com](http://www.healthwholesaledirect.com) tel 0845 4567040 at £200 with money back guarantee

## HYPERTENSION (High Blood Pressure)

**Symptoms** None, until stroke, kidney failure, heart disease.

**Eat more** all fruits, vegetables and salads for nutrients and protective antioxidants; complex carbohydrates and dried beans for energy and fibre which lowers cholesterol; oily fish for protective Omega-3 fatty acids; other fish for fat-free protein; garlic, onions, leeks, chives, spring onions (scallions) for cardioprotective benefits; not more than two glasses of red wine a day for heart protection and improved circulation; Chinese green tea for antioxidant protection; brazil nuts for heart protective selenium; extra virgin olive oil, safflower oil, walnuts, almonds, avocados, sunflower seeds, pine kernels and sesame seeds for essential vitamin E.

**Eat less** saturated animal fat, meat, all meat products – bacon, ham, corned beef, salt beef, sausages, salami, pate, hot dogs, burgers, meat pies; salt, preserved meats containing sodium nitrates and nitrites; smoked foods, salted nuts and other nibbles; refined carbohydrates, cakes, biscuits, white bread; high sugar, high fat bakery goods, Danish pastries, donuts, chocolate bars, ice creams.

High blood pressure, which now affects four out of ten adults, is one of the most important factors in the cause of heart disease, the condition which kills prematurely more people in the Western world, than any other illness. You can reduce the chances of anyone in your family getting it. You can even do things to reduce blood pressure, if it is already a problem, by making simple changes within the four walls of your own home. If it's consistently high your GP will want to put you on one of the number of drugs for the treatment of hypertension. And if you are black and any age, or over 55 and from any other ethnic group, the most recent official advice from last week is that you should start with one of the drugs in the calcium channel blocker family or a diuretic. A third group of drugs called Ace inhibitors should be used for the under-55s and then gradually combined with the other two types of drug if pressure doesn't come down sufficiently.

Many people with hypertension will already be taking drugs called beta-blockers – around 2 million

– which are also used for heart failure and angina. Newest research shows that they are not as effective as the other drugs when used for blood pressure, especially in the elderly, and there is evidence that they can trigger Type II diabetes in some patients. However, there's no need to panic and if you are on high blood pressure medication and it doesn't seem to fit with what I've just said, then make an appointment to see your GP but **on no account** stop taking your medication.

Blood pressure is a direct measurement of the amount of work actually being done by the heart. The higher the pressure, the more work your heart has to do in order to pump blood all around the body. Throughout daily life, the blood pressure varies considerably, depending on what is needed. Your brain must get a regular supply of 750cc each minute, and this is regardless of what the rest of your body is doing. If your arteries are narrowed, due to hardening, silting up with cholesterol, or constricted by nicotine, caffeine and excess alcohol, then the heart has to pump harder to push the blood round the system, and up goes the blood pressure.

Blood pressure is written as a fraction. The larger number (systolic pressure) is on top and the smaller one (diastolic pressure) on the bottom. The normal reading for a healthy adult is around 120/80 and any readings that exceed 140/90 are an indication that it is time to take some action. The lower figure is the more important, as this shows the minimum pressure that the artery walls have to withstand, all the time. If it is constantly too high, then they will suffer progressive damage, which can, in turn, produce heart disease, or even strokes.

It is at this point that self-help is the first and most important step. Treating high blood pressure with drugs is not a cure for the condition, merely a way of controlling the symptom. This may be a vital step when the pressure is much too high, but you can do things to help, even when medication is unavoidable. Many of my patients have been able to reduce the amount of medicine that they need to take, or even cut it out completely. **Never change your drug regime without your doctor's advice. If you follow the suggestions for helping to reduce your blood pressure, your own GP will soon see when the readings start to fall, and he will want to reduce your drug intake.**

I've always encouraged my patients to keep a check on their own blood pressure and although there are many machines available on the market, Braun have now made it easy, idiot-proof and accurate with their new Sensor Control EasyClick Wrist Monitor (BP3550). Completely automatic, with its easy one button control, date time and memory functions, you'll always know when your blood pressure moves out of the 140/90 range. Consistent readings above this mean you should go and talk to your GP. Don't forget, no single reading is of any real significance and they can vary enormously within minutes.

There are three steps on the road to reduced blood pressure. First, changes to your diet, cutting out foods that will make matters worse, and adding those which help. Second, taking some form of exercise. Third, changing some of the social habits which have a seriously adverse effect on blood pressure.

DIET: the intake of all animal fats must be reduced. Eat less butter, modest amounts of low fat cheese, use skimmed milk, don't have more than six eggs a week, don't use cream at all. You must avoid all foods with 'hidden' fats; sausages, salami, pate, meat pies, processed meats, most take-away meals, cakes and biscuits made with fat, all fried foods.

You need to increase your intake of foods which have a positive effect on the circulation and cholesterol level. Oats, beans, apples, garlic, oily fish, wholegrain cereals, should all be taken in abundance. Red meats are best cut out of the diet altogether, but poultry, cooked without the skin, is OK. In my practice, I've found that the best results come by avoiding all animal protein except the oily fish.

**EXERCISE:** any form of aerobic exercise will help in the reduction of high blood pressure. Obviously, the type chosen, and the effort put into it, will depend on the degree of raised pressure, and the general health of any individual. Walking, swimming, cycling or just avoiding the lifts, will gradually increase the efficiency of the heart and circulation. A healthier and stronger heart, combined with better circulation, will help to reduce the blood pressure. Exercise also has a positive effect on feelings of 'well being', reduces tension and encourages relaxation.

**SOCIAL FACTORS:** smoking, too much alcohol, too much tea and coffee, will all add to the problems. Caffeine and nicotine are both chemicals which make the tiny blood vessels at the ends of the system close up. Just like putting your thumb over the end of a hose pipe, this increases the pressure. One, at most two, glasses of wine, small measures of spirits, half pints of ordinary beer may be good for the heart, several are certainly not.

**RELAXATION** is most important. Learning one of the simple techniques that help is not hard. Relaxation exercises, meditation, yoga, self-hypnosis, are all things that have a good result if you persevere. Massage is a wonderful aid to overcoming stress – it is pretty good for the giver as well as the receiver – so get one of the many DIY books and have a go.

I always think that it is a good idea to add some simple supplements to the diet. Garlic tablets, fish oils, 250 units of vitamin E, and two cups of lime blossom tea, should be taken daily.

### **Salt – the silent killer**

The ever increasing amount of salt in the average diet is certainly a major factor in the epidemic of high blood pressure throughout Northern Europe, Britain and the US. Whilst not every single person responds to salt in the same way, it's estimated that halving the daily consumption in Britain would save 100,000 lives a year by preventing stroke and heart disease. Someone dies prematurely of heart disease every 3 minutes. That's the equivalent of a jumbo jet crashing every day at your local airport – and two on Sundays!! This fact alone convinces me that a blanket recommendation to reduce salt should be a major factor in all health education campaigns.

The American Heart Association advises 3.5 to 4g daily, the average consumption in Britain and the US is around 12g. Approximately 15% of our daily intake occurs naturally in the foods we eat, 25% is used in cooking or added at the table. All the rest is hidden away in the processed and packaged foods that we buy in the supermarket, eat in the fast food restaurant, or get in take away meals. A recent recommendation by the British health authorities that manufacturers should halve the amount of salt they use in processed food was rapidly withdrawn – I can only suspect the malign influence of the food processing industry. For them, salt is a very cheap ingredient which adds flavour to flavourless foods, bulk to expensive ingredients, makes you thirsty so you drink more of their products, and acts as a cheap preservative.

### **Surprising salt**

Few people realize how widespread very large amounts of salt are in some foods. Here's a list in descending order:-

Stock cubes, Oxo, soup powder, yeast and meat extracts, feta cheese, Twiglets, Rice Crispies, instant dessert powder, cornflakes, sherbert sweets, Special K, All Bran, crumpets, Quarter pounder with cheese, ketchup, white bread, digestive biscuits, baked beans, salted crackers, pretzels, salted popcorn, olives.

Manufacturers often put 'sodium' on the label. To find out what that means in terms of salt multiply by 2.5:-

e.g. To find out how much salt you get from a slice of bread when the label says 'sodium – 0.18g per slice':-

$0.18 \times 2.5 = 0.45\text{g}$  of salt per slice

That's 10% of your safe daily allowance.

If you have a problem with high blood pressure, do try these simple and safe ideas. I think that your doctor will be as surprised as you will be pleased, as the figures start to drop within a few short weeks.

**Hypotension** – low blood pressure – is the other side of the problem. But it's hardly recognised as a condition to be treated here in the UK. On the Continent, especially Germany, there are dozens of different pills but the truth is the lower your blood pressure the less work your heart has to do and, in principle, the fitter you are. Serious athletes have very low resting blood pressure which means that the reserve capacity of the heart, when it's working under stress, is increased dramatically.

Of course if your blood pressure drops too far it has immediate effects, the first being that you will probably faint. This is normally temporary and you'll soon recover. Severe shock or large amounts of blood loss will cause your blood pressure to drop rapidly and this can have dire consequences but usually occurs during surgery in hospital or as a result of serious trauma. Just like high blood pressure, lower blood pressure has no symptoms and is not a common cause of tiredness, exhaustion, lack of energy or anything else unless it's so low that you need emergency hospital treatment. The one thing I've found useful in my many years of practice is eating plentiful amounts of beetroot and drinking beetroot juice as this seems to be the only way to create a small but interesting increase in what is generally lower than average blood pressure. For most people this is not a condition but a blessing.

For more information on the Resperate Blood Pressure control device featured at the top of this fact sheet, log on to [www.healthwholesaledirect.com](http://www.healthwholesaledirect.com) tel 0845 4567040