

Volume IV Summer 2007 Blood Pressure – The #1 Medical Myth

If what you thought was true turned out not to be true, how soon would you want to know? If you're like me, the answer is **immediately**. Well, hold on to your hat, because do I have some news for you.

High Blood Pressure (hypertension) is a symptom—NOT A DISEASE. Most diagnosed "high blood pressure" is not high. Your blood pressure naturally gets higher as you get older (it has to). Medical treatments for high blood pressure are ineffective, fraught with side-effects that are so dangerous **they kill thousands of people every year**. And (drum roll please) these expensive, dangerous, and toxic drugs **do not prolong life** – save for a couple of weeks at best!



How Do They Do It?

Treatments for high blood pressure make up the single greatest disease mongering program in history. The concept of treating high blood pressure with drugs is sold to well meaning physicians through manipulated studies, sordid half-truths, lies, misrepresentations, and fraud that are so well covered up and made complicated that it takes a medical researcher with a specialty in statistics to figure it all out.

Since the average physician is not a medical statistician, since they read only the portions of studies the drug companies want them to, and since their profession has made drug treatment of "high blood pressure" the **gold standard** – you pay the price with both your pocketbook/wallet and your health. The price for this scam is in the **tens of billions** of dollars and who knows how many lives. It is growing exponentially as thousands of free blood pressure- screenings keep magically popping up – the perfect way to keep the public dumb, duped, and in line to buy more drugs . (Pretty sad right)

This shift toward pathologizing blood pressure was a result of the Framingham study, which made a radical change in medical philosophy. The study experts reported to the medical community that the higher the systolic blood pressure (the first number top #), the higher the death rate. Graphs were skewed, statistics were altered, data points were fictionalized, age – adjusted death rates (which radically changed the Framingham report results) were simply ignored, and **relative** end results were reported, rather than absolute results and statistics.



The Real Truth is So, So Different

For those who are skilled enough and take the time to really decipher **all** the medical statistics, the truth is very different. In a realistic interpretation of the results of the Meta-analysis (looking at everything) of blood pressure drug trails and studies, **no measurable difference** could be found for protection from stroke, cardiovascular disease, congestive heart failure or mortality. In fact, in several categories, patients did slightly worse on drugs vs. placebo.

The only positive results were very modest. They were confined to those extreme high blood pressure (at least over 200/100). And those results came at a high price. What the medical community was not told after the Framingham study was that collateral damage from the drugs was so extreme that up to 50% of people quit the drugs after 3 years.

The astounding truth is that increased lifespan could not be achieved beyond a couple weeks, even after 30 years on drugs! When you understand high blood pressure, you can understand why. **High Blood Pressure is a symptom.** When your body raises its blood pressure, there is a good reason. That reason is almost always to maintain a good supply of oxygen and nutrients to all the organs.

The sledge- hammer approach of using drugs to weaken the heart, dilate arteries or veins, or increase urination (the only things that drugs really do) **rarely does anything of overall value!** But big money is calling the shots. When lowering blood pressure by 5 points can bring in billions of dollars, by all means do it- even if benefits are absent, people are hurt, and the drugs transform you into an invalid eunuch! Now lets discuss was really causing high blood pressure.



Causes of High Blood Pressure

Cause is the one thing medicine simply does not consider. By their own admission, they consider 95% of high blood pressure to be of **unknown cause.** But what the heck, it is too easy and lucrative to treat the symptoms.

Yet the real reasons for high blood pressure.

1) The first is the natural rise in as you age. Remember when Grandma died at age 95 from cancer after having a blood pressure of 300/150 for 40 years?

2) Surely, a high percentage of the 95% of blood pressure cases with unknown cause is caused by **other prescription drugs.** All kinds of drugs cause high blood pressure:

Pain and arthritis drugs like Vioxx and Arava, migraine drugs like Axert, Incontinence drugs like Ditropan and Detrol, and NSAIDS like Motrin and Aleve. This list could go on and on – even if doctors never discuss these as a cause of high blood pressure.

3) Remember the **no salt diet**? Called **DASH** (Dietary Approaches to Stop Hypertension), it was designed to treat another “cause” of high blood pressure – SALT. It was a typical low- fat , low- cholesterol, low-(sodium) salt diet. Its results were **non-existent**. Or to be fair, **DASH** trial people lowered their blood pressure by an average of 2.8/1.1. The systolic (high #) dropped 2.8 and the diastolic (low #) dropped 1.1. These are laughable trial results- except for the fact that they are still taken seriously. And that DASH diet is still extolled and prescribed by many, many physicians.

4) The newest “cause of high blood pressure” coincidentally comes hot on the heels of medicine’s and the public’s love affair with coronary angioplasties and bypasses. It is stenosis of the blood vessels to the kidneys. This causes the kidneys to secrete certain chemicals that cause high blood pressure. Of course, the cure is an angioplasty or bypass (es) of the arteries to the kidneys! This rarely works long-term, and will probably go the same route as the band-aid angioplasty and bypass coronary surgeries- it will disappear after it runs its course.

5) Overweight is a cause of high blood pressure. By definition, the heart must pump harder to get oxygen, and nutrients to more body area. And your blood vessels do not like high blood levels of insulin (as in Type-1 diabetes). So **overweight and high insulin levels** are directly related to high blood pressure. Indeed a 20 pound weight loss will lower blood pressure by from 10/8 to 16/13. These results alone are better than DASH and most drug therapies.

Blood pressure- lowering results with weight loss are better with a low carb diet with no wheat products .This lowers circulating insulin levels. When you add weight bearing exercises, the results are even better as the cells become more sensitive to insulin, allowing for an even further drop in elevated blood insulin.

6) Stress is a cause of high blood pressure (emotional hypertension). Addressing anxiety and stress with meditation ,tai -chi, yoga, chi-kung, or deep breathing, or some type of anti-anxiety training will lower blood pressure

7) Liver and kidney problems and overloading adrenals can cause high blood pressure (hepatic, portal, or renal hypertension). These cases usually have a high diastolic(second) number. Two 3- week liver/kidney detoxification schedules can ease the load and strengthen the kidneys and liver. This will help . Ask about our Purification/detoxification program.

8) If your systolic (first number) is high, you usually have clogged arteries and possibly liver problems (atherosclerotic hypertension). Two 3- week liver/ kidney/ detox session are in order in these cases.

9) If both your systolic and diastolic numbers are high, you will generally be diagnosed with benign hypertension. This can be caused by hardening of the arteries of older age, or by a combination of any or all of the other causes. These cases are the most common when your body is simply trying to get more oxygen, blood and nutrients to your cells. Ask about our Omega 3-6-9 oils and our liquid oxygen protocols to correct this condition.



A Really Simple, Common-Sense Solution

In all these cases, you need to maintain proper weight, stop smoking and drinking alcohol, cut back on carbs and wheat, drink plenty of pure water (64-100 oz. per day), And exercise regularly. You also need to feed your blood vessels, glands, cells, and heart what they need to heal and maintain proper strength, force, and elasticity. Besides diet, certain supplementation may be needed to accomplish these goals. Ask about our all-natural homeopathic approaches to high blood pressure.

Be Well Naturally
Dr. F. James Weston