



Dear Doctors,

I suffer from high blood pressure. I have been diagnosed with primary hypertension. My doctor wants me to go on two pharmaceuticals and I have always taken pride in taking care of my health naturally and I consider myself to be a healthy 54 year old woman who works out regularly to offset my hectic professional life. What can I take to control my blood pressure naturally?

TK in Hobe Sound

Dear TK,

We have several strategies we use to control high blood pressure. by “primary” we think you mean “essential” hypertension which affects the majority of people in this country with hypertension. The cause is usually unknown, but often attributed to daily stress and lifestyle choices such as exercise (or a lack of), diet, weight and others like smoking. Of course changing your lifestyle can produce dramatic and substantial positive changes in your blood pressure, but there are some natural strategies that can help you as well. Potassium supplementation can help as long as you are not taking potassium sparing diuretics. Coenzyme Q10 in a dose of 100mg daily can also reduce blood pressure.

5 milligrams of Arginine, an amino acid per day can relax your blood vessel tone in your body reducing blood pressure and protecting your heart. For women over 50 you should be taking B6, B12 and Folic Acid which has been shown to help with heart health ad protect women from heart disease. In the lifestyle category we would definitely suggest acupuncture to help relieve the burden of daily stress. This has been shown to improve essential hypertension in research. Diet-wise we would add a soy protein shake, and take fish oil everyday. In research both of these had the effect of lowering blood pressure. Some yoga or creative mindfulness meditation would help as well.

Yours in Health,  
Dr. Ervolino

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