

How I Lowered my Blood Pressure
from dangerously high to normal in 3 months
WITH 100% NATURAL TREATMENTS

By Sally Morningstar Dip.V.Med ITEC

December 2007

Due to certain ongoing health issues, I had been feeling quite unwell for a few months until I decided it was probably time to have a full health check-up. A routine blood pressure check revealed that my blood pressure was 199/120 – yes you did read that right. These figures are dangerously high, so much so that a stroke could have happened to me at any time and I was not allowed to do aerobic exercise, just gentle walking, that was how bad it was. Healthy blood pressure is considered to be between 130/70 and perhaps 140/80. The surgery could not believe that it was 199/120, so much so that for two visits, they didn't even record it; they thought it was some mistake, but as I said, I knew something was wrong because I felt so lousy. It was a wake up call. When you are uncertain whether you will make it through to the next morning, life takes on a rather sobering quality to say the least.

Personally I do not get along too well with conventional medicine and so I decided to take on the lowering high blood pressure regimen I had devised for others, in my healing work, using completely natural ingredients. My surgery were very understanding and helped with monitoring and regular checks whilst I 'did my thing' Each week it was coming down a little bit more and a little bit more, and so they allowed me to continue my 'home treatment.' It worked, as it had for many others I had already passed it onto. It's safe, its simple, it's easy, but it goes without saying that you must stick to it to succeed.

This free download goes into how I did it. Please, by all means, feel free to try it yourself, but **NEVER** without a GP or medical practitioner keeping an eye on your blood pressure levels and monitoring it (and you and your health) regularly to ensure that this plan is working for you.

I was not on medication, nor prescribed any whilst I followed my personal plan. However, if you decide to try it for yourself, please do not stop any medication or treatment you may be taking. Always consult with your health professional and seek medical guidance. This regime will not interfere with medications or stop their efficacy. It would be wise, though, to keep your doctor informed of your intention to follow this plan. Your GP is very welcome to confirm my story, which is well documented on my medical records, and shows quite clearly that in 3 months I had completely naturally and without medication, lowered my blood pressure. I am living proof that this regime can work and has worked for everyone, to date, who has followed it!

I did this in three months. This does not mean it will be the same for everyone. We are all unique and it may take longer for you I don't know. It is unlikely to be quicker than 3 months, because these things take time to clear and we must always remain aware that the body can only work/process at a pace it can cope with.

Please feel free to contact me with your success story if you try this plan.

This is not a quick fix plan – not a tablet you take each morning and forget about. It requires attention and dedication on a daily basis. It is a lifestyle change. Therefore, if you are the kind of person who would prefer to carry on eating and drinking what you always have done, or have resigned yourself to feeling unwell, unfit or unhappy with your lot, this is not the plan for you. If you want to carry on living your life exactly as you have done, just keep taking the medication and good luck. However, if you would prefer to be fitter, healthier, happier and of course live longer and stronger, then know that those who have undertaken this regime before you have all succeeded at lowering their blood pressure.

At the end of this information sheet is a summary that shows you at a glance what supplements I took and when. This makes it easier to digest and understand the information at a glance. It is advisable to carefully read through this fact sheet as well, because it contains any finer details and information that will not be found in the table and summary.

There are certain things that seem to be universally good for lowering high blood pressure. These are Garlic, Oats, Omega Oils and Lemons. I included these ingredients in my diet wherever I could, with such things as porridge, oatcakes, oat cereals, fresh lemon in drinks, or the juice on salad leaves etc. A key factor in lowering blood pressure was also a different approach to stress – basically don't do it as you've done it to date!

I stayed organic as much as possible with my supplements, liquids and foods.

An Overview of the Plan

The Supplements

Below you will find the supplements I used in my personal regime. These I know worked and so I have included the brand names too. This should not be seen as advertising or promoting certain products over others, simply stating the particular brands I used. Anyone can choose whichever brand names they would like to.

Alli-C Garlic capsules - 1 per day with water

(Optima Health & Nutrition) Lecithin 2000 – 2 capsules 3 x a day with meals
Solgar Vitamin C capsules 1,000mg – 1 per day at a mealtime taken with water

(Lifeplan) Zinc – amino acid chelate (15 mg) – 1 per day after a meal

Granovita Organic Omega Oils Blend (3, 6 & 9 combined oils) – with breakfast or lunch, always taken with either cottage cheese or live bio yoghurt.

The Eating Plan

I cut out

ALL butter, fats, hard cheese, full fat milk, cream and products that contained these. I found that a very small amount of any of these was ok now and then but not on a daily basis.

I cut out all **WHEAT**, including bread, pastries, biscuits, pasta, quiches, pizzas (not that I ate many of these things, but I made sure I did not buy them whilst on my eating plan).

I cut out all sweets, chocolate and sugars. Once or twice a celebratory meal out was enjoyed, but this was an exception not a rule.

I made sure my caffeine intake was no more than two cups of coffee a day and one cup of tea. The rest of the day I drank up to 2 litres daily of still spring water, with or without fresh organic lemon slices in it.

I lost 20lbs. as a side effect of this plan and feel great.

I introduced/included

Live organic yoghurt every day without fail with a dessertspoonful of the Omega oil stirred in. It leaves no oily taste. Sometimes instead of yoghurt for breakfast, I would substitute porridge, and then include the yoghurt and oils at lunchtime.

Fluids are vital on this plan, the right kind of fluids that is. Apart from taking in 1.5 litres of plain spring water, I included boiled spring water with a large slice of fresh organic unpeeled lemon 4 x a day spread throughout the waking hours, for example, upon waking, at elevensies, mid afternoon and early evenings. A low sodium water is best such as Caledonian Spring.

I replaced wheat products for oat ones (or with brown rice). Instead of bread I ate oatcakes.

I considered carefully what to eat at each meal, because I had to. Things get a little limited when wheat is excluded. It is well documented that there can be adverse and sometimes serious effects upon health when too much wheat is in the diet. What is not so well known is that wheat is a genetically modified hybrid of Spelt. Spelt is natural; wheat is not. Perhaps the interfered with genetics of wheat are just not suited to us. Check out for yourself online what is said about wheat if you like.

The Lifestyle Change

High blood pressure and stress do not mix! I consciously stated to myself from Day One that “I don’t do stress” and spent a good deal of time being very quiet and contemplative, resting regularly, taking gentle walks in nature, basically slowing down and relaxing on all levels. I meditated regularly and exercised as and how I could.

	THINGS TO AVOID		THINGS TO INCLUDE	
	Rosemary – in toiletry products, the herb itself and the essential oil Stress Caffeine Sugars Fats Wheat Salt		Omega 3,6 & 9 Garlic Lemons Oats Zinc Vitamin C Lecithin Live Yoghurt Spring Water Ylang Ylang essential oil Dead Sea Salts in baths	

½ hr Gentle exercise per day (but check your permitted level of exercise with your GP/nurse/health consultant)

Allowances

I allowed myself the occasional glass of wine, but not that often. I ate one piece of chocolate cake and one chocolate bar in three months (and yep they tasted wonderful). Take your exercise when you can, so this may not be at lunchtime but before breakfast, or after work, but take that exercise at least three times a week. Aim for gentle breathlessness and a slightly raised pulse.

I have not outlined what I ate at mealtimes, because your eating plan needs to work for you, with foods that you like, but to give you some guidelines I most days ate yoghurt with the omega oils for breakfast, with either soup, salad or oatcakes and something to go on them that I was allowed, followed by fruit for lunch. My evening meal consisted of things like fish and vegetables, jacket potatoes, stir fry and rice, omelette and salad, dahl and rice, quorn products very occasionally and fruit.

Don't fool yourself. We really are what we eat – attitudes such as “a little bit of this won't hurt” and “a little bit of that won't be noticed” will actually mean you are avoiding the plan as it should be followed. Ultimately it is down to you and your determination. Good Luck!

SUMMARY

Eat simply, eat natural and unprocessed foods, be organic as much as you can, up the vegetables and fruit. Include short grain organic brown rice as much as you like. It is nutty and chewy and yummy. Find things that you like that are healthy for you as replacements for all the wheat products you will be avoiding. I ate a lot of fish, but no meat as I was a vegetarian for 25 years prior to this eating plan and remain a non-meat eater. You may well find that you just don't want to go back on the wheat once you have de-toxed it out of your system.

Drink plenty of water. Remember to take the supplements. Exercise gently in accordance with your doctor's medical advice.

TABLE OF DAILY SUPPLEMENTS

Breakfast	11amish	1pmish	4pmish	6.30pm to 8pm	9.30pmish
Live yoghurt with 1 dsp Omega oils	Lemon in water	½ hr walk Lunch	Lemon in water	Evening meal	Lemon in water
1 Zinc, 2 Lecithin, 1 Garlic, 1 Vit C	oatcakes	2 Lecithin	oatcakes	2 Lecithin	1 Garlic
Alternative Breakfast		Alternative Lunch			
Porridge with 2 dsp runny honey	Lemon in water oatcakes	to include live yoghurt with 1 dsp omega oils	Lemon in water oatcakes	Evening meal	Lemon in water

Website : www.sallymorningstar.com

or email : sally@sallymorningstar.com