

HYPERTENSION - HIGH BLOOD PRESSURE

The cause of hypertension in western medicine is unknown. There is a number of factors associated with or to lead to this condition. Main cause is high intake of animal fat and salt (sodium chloride). Especially if sodium chloride is high in relation to potassium and magnesium. Another cause of high blood pressure is smoking tobaccos, drinking alcohol and coffee. Environmental factors such as lead contamination as well as residues from cadmium have shown to promote hypertension. Hypertension is the most important risk factor predisposing a person to a stroke. The upper limit of normal blood pressure in adults is 140/90 mm/hg. Drug treatment in western medicine is diuretics, ACE inhibitors, beta-blockers, calcium channel blockers.

Salt

Use unrefined whole salt!!!

Whole natural sea salt is slightly grey and has larger crystals, granules or powder. The medical results are tested with the refined salt, which has 99,5 % more sodium chloride with anti-caking chemicals, potassium iodide and sugar to stabilize the iodine.

Facts about Salt

Salt has most grounding descending energy and it can strengthen ones energy. Its yin nature can bring a person down to earth or give food more substantial energy. It strengthens digestion and contributes to the secretion of hydrochloric acid in the stomach. Salt enables one to focus more on the material realm, excess salt can encourage greed. Salt is cooling and brings the energy inward. Salt stimulates the Kidneys, which then promotes the fluid metabolism and a moisten effect beneficial to dryness in the body. The tonic action on the Kidneys fluids is especially helpful in the winter, when dryness from the heat producing activity of the body is at its height and fluids are needed for the balance.

Salt detoxifies poison. When blood is impure, salt can be used externally. Salt has the property to soften some areas and tighten others. For instance, salt can soften hardened lymph nodes, glands, and muscles yet it can create pressure in arteries. Sodium attracts more fluids and the pressure in vascular system can rise.

Reaction to salt varies greatly from one individual to the next. Edema can occur with just a few grains for some people others don't feel it at all. Problems arise when too much salt is consumed for ones own tolerance level especially with refined salt. It was thought that athletes after a big work out have to substitute salt, but lately one noticed Potassium is lost more. Salt overuse leads to emaciation, weakened bones and

blood and deficiency of heart and spirit. Too much salt depletes calcium; appropriate use enhances calcium absorption and nutrition utilization.

The general guidelines for daily salt intake are 3000 mg about $\frac{3}{4}$ of a teaspoon, while the average American takes about 17000mg about 3,5 teaspoon of highly refined salt each day. Salt is alkalizing and is craved by those whose system is overly acidic. Big salt intake make one prone to all of the calcium depletion symptoms, which damages the heart, arteries, nerves, bones, kidneys, muscles and can enhance the risk of stomach ulcers and cancer.

Sodium / Potassium Relationship

Potassium balances the metabolic action of sodium. Potassium resides in the inside of the cell while sodium on the outside and between the cells. When Potassium and Sodium is in balance the body's water and acid/alkaline balance is stable and nerves and muscles are working normally.

When Potassium is deficient to Sodium, neuromuscular function decreases, body becomes weak, muscle loose their tone and reflexes become poor. Rarely the Sodium is relatively deficient to potassium symptoms are floatiness, being not rooted and nausea. Because sodium is mostly in excess potassium has a curative role. Because sodium is mostly in excess potassium has a curative role. For example high blood pressure because of excess salt, reduce intake of salt and eat potassium rich food.

Potassium rich food are: vegetable, green leafy vegetable, potato with skin, soy products, millet, grains, legumes, bananas and most fruits. Actually all whole unprocessed plants and animal foods (exception shellfish, crab and lobster) contain more potassium then sodium.

Sodium rich foods are: eggs, seafood, all meats, Kelp, seaweed, beets, turnips, greens such as Kale, spinach, parsley. Meat has about 7x more potassium and vegetable from 10-100x more potassium than sodium.

The problem is of eating refined salt and too much salt and the over consumption of refined and highly processed foods. For example the processing of whole wheat into white flower removes 75% of the potassium. Coffee, alcohol, refined sugar contain little or no potassium and deplete the potassium storage.

To control hypertension and high blood pressure eat:

Whole food diet with whole or unrefined grains and legumes and better organic vegetables and a little unrefined salt to enhance the taste.