

Asociace terapeutů  
a detoxikačních  
poradců

**KINOSVĚT**

**With Dr Josef Jonas: About the Health**

**Episode 19:**

## **BLOOD PRESSURE**

Recently, we have dealt with the heart and circulatory system, with arteries and veins, but to get a complete overview on the functioning of the cardiovascular system, we still lack the topic of blood pressure regulation. There are two disorders relating to blood pressure. I shall not discuss one of them as we do not treat it anyway despite it may be unpleasant in life. This is hypotension, i.e. low blood pressure. It manifests itself by fatigue and when we suddenly change position, for example we stand up quickly, it takes a while to equalize the blood pressure, we may suffer from dizziness, may even fall or feel weak.

But as I say, people solve this by coffee or alcohol, and definitely by an appointment with a doctor. The other disorder, however, the hypertension or high blood pressure, is a very widespread disorder that affects even relatively young people from twenty or thirty years of age. It is massively spread especially among those over fifty years of age. This disorder is dangerous because it overloads the heart that must push the blood against strong resistance, and consequently grows bigger but weaker, which is subsequently manifested as cardiac insufficiency.

Another danger is, however, even bigger and more frequent. Higher blood pressure compresses the arteries and veins, especially in the brain, and they may thus burst and spill the blood in the brain. This is called a CVA, a cerebrovascular accident. People rather know it as a stroke. It's a very common problem and is often mentioned as the silent killer as it usually does not hurt and you do not realize it, but the consequences may then be the more shocking.

You are surely expecting some simple advice from me on how to keep your blood pressure low. And there would truly be such a simple advice if we were not people but rather, let's say, crocodiles or snakes or other animals who do not know the word stress. People get stressed out not only by themselves alone but also by the environment they live in. Stress is transmitted from generation to generation and certain stress behaviour is also transmitted from family to family. In short, in our civilized world, there is hardly a man that would have never experienced some sort of stress, and stress is probably the main cause of high blood

pressure. It is actually quite logical from the physiological point of view because stress is a sense of threat. It means that certain situations are followed by the true threat, and a man should get ready for defence or escape for which they need both brain and muscle performance that is higher than in the peace times. The brain and muscle activity is enhanced by increased blood circulation, better oxygen transfer and better transfer of nutrients. Thus, it is a physiological response to danger.

People in ancient times were under a constant threat, and only very rarely they could be sure of their safety. For us it is different. We are no longer under such threat physically, but it mostly concerns our assets, our family, our health; and we simply think there are more threats than what is real. We worry about our future, fear the unknown things and changes, and this all brings us stress. This is the probable reason why such a large part of the civilized population suffers from high blood pressure. Of course, there are other indulgencies involved, like smoking, overeating and unhealthy lifestyle as such, but the result is what it is.

What I have just said is actually a simple guide on how not to end up with high blood pressure. If you discover signs of increasing blood pressure, it may take just a small change in your lifestyle to treat it, herbal teas mainly from hawthorn and mistletoe (note that you should not boil mistletoe, just ret it in cold water!). Or you can also use some soothing herbs such as valerian or lavender. These are ways how to control the initial stage of hypertension through the nervous system, through the even across the psyche.

When the hypertension progresses, the blood pressure keeps rising or problems prolong, we have got little chance to influence blood pressure through the soft herbal medicine. Not even the popular garlic helps, and we must thus resort to pills. Doctors have several kinds of pills and strive to find a specific "cocktail" that would work best for the given patient.

Obviously, you may also try to control the blood pressure by cutting your salt intake. About 15% of people are provably very sensitive to salt. And given that we generally exceed the recommended daily dose of salt per day many times already since our childhood, people who are sensitive to salt may succeed in slight reduction of their high blood pressure. People often think that one cannot live without salt. But reducing the salt of food does not in fact mean we live completely without salt as all processed foods that we eat, from bread to smoked meats or restaurant meals, contain large amounts of salt. And the dose that people receive through such food is high enough to cover the possible lack of salt. Salt is sodium chloride (NaCl) and it is the sodium in it that is the harmful component. Sodium can of course be obtained also from other foods, it does not necessarily have to be just from salt. People with hypertension should, therefore, avoid higher consumption of sodium. To do so they need to know the composition of individual foodstuffs.

Blood pressure control is otherwise a very complex matter and requires explanation of a couple of technical terms. The main control bodies are the so called baroreceptors, pressure receptors which are located in the common carotid artery (*arteria carotis communis*) in the neck. There are nodules that monitor blood pressure and via certain signals from the nervous system then narrow or expand the vascular system. They simply regulate the blood pressure. A failure of these baroreceptors is the most common cause of high blood pressure.

The adrenal glands also substantially influence the blood pressure. They are made of cortex and medulla. Cortex produces hormones we all know as corticosteroids (corticoids). Medulla, on the other hand, produces a whole series of other hormones, such as adrenaline,

noradrenaline and others called catecholamines. These catecholamines very effectively interfere with the blood pressure, or more precisely, regulate the flow rate of blood vessels. And that is where our civilization gets manifested most. These are the stresses that must pass through adrenal glands and production of catecholamines.

Another regulator of blood pressure is neurohypophysis, a cerebral gland which produces the hormone oxytocin, a “love hormone” or also “molecule of kindness”, as well as vasopressin, which is an antidiuretic hormone. A similar substance is then produced in the kidneys and it is called angiotensin. The kidneys also influence the balanced blood pressure, and any kind of kidney failure thus automatically leads to blood pressure problems. Then there are several other brain structures, mainly in the medulla oblongata that also monitor blood pressure.

With that all I merely wanted to imply how complicated the whole system is. Blood pressure is regulated by various aspects, and this whole synchronization, the coordination of such factors can be very easily disrupted.

Various toxins also play a negative role in raising blood pressure without apparent cause, and we therefore must first remove toxins from those body parts we just spoke of. I would, above all, recommend **VasoDren**, a preparation which intervenes with the baroreceptors located in the carotid artery and removes from them all toxins that cause poor regulation of blood pressure. Then **Hypotal**. It reaches hypothalamus and pituitary gland that may – as I have just mentioned – overproduce hormone vasopressin and subsequently cause malfunction of blood pressure regulation. **Supraren** is a preparation which removes toxins both from the adrenal cortex and from the adrenal medulla. The medulla produces catecholamines which are in higher amounts present in the blood of virtually every hypertonic. **UrinoDren** preparation is very important to prevent kidneys from producing excess angiotensin, which would also increase blood pressure. And we must not forget **Streson** and **Emoce** preparations as this is where it all comes from. But above all, we cannot achieve the desired result without removing permanent chronic stress factors from our lives. It is therefore very difficult to regulate blood pressure and put it to normal. The sooner we intervene, the better the results we achieve, and it is definitely worth it. There is a good reason for calling the blood pressure a silent killer, it has not gained this nickname groundlessly.

Source: [www.youtube.com/watch?v=9Xq0GQZjFIM&t=19s](http://www.youtube.com/watch?v=9Xq0GQZjFIM&t=19s)

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