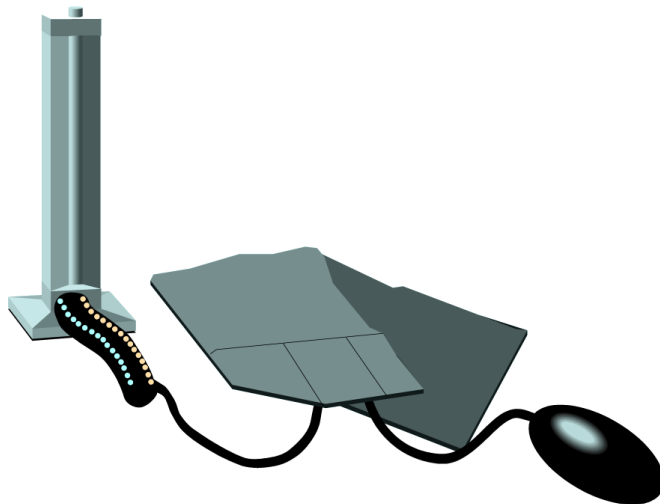


for? If you have hypertension, *remove the sources of cholesterol in your diet that are destroying your artery relaxer, nitric oxide.* Ramp up the levels of L-arginine in your diet by eating more legumes nuts and seeds. This intervention is a powerful antidote for hypertension problems in 80% of individuals, and in many, it will actually *reverse hypertension!*



Author: Jack McIntosh  
Health Educator, Wellness Pays  
wellpay@comcast.net  
360-433-9044



# Health Unlimited

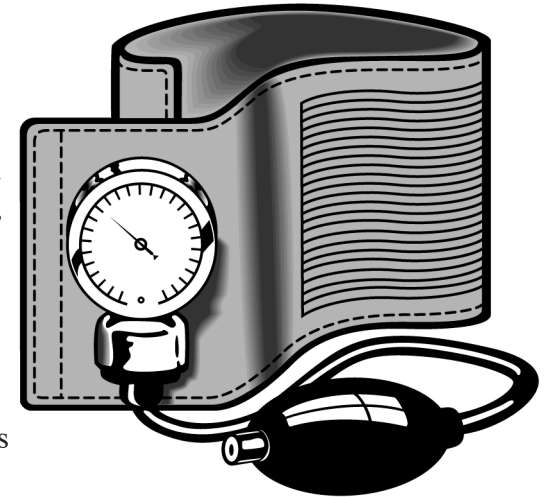
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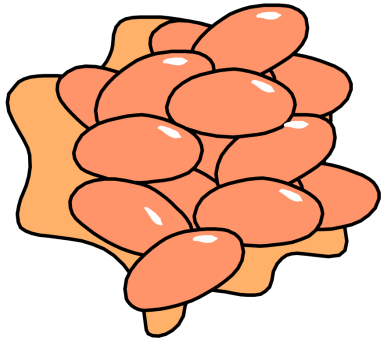
## Reversing Hypertension

There are 50 million people in America with high blood pressure or hypertension. Hypertension has been labeled by the medical community as “the silent killer.” Why? If left untreated, hypertension can lead to heart attacks and strokes. Fifty percent of heart attacks are fatal, and we are all familiar with the debilitating effects of a stroke, including the loss of mobility, speech etc.

Hypertension is a “plumbing problem”, so to speak. The circulatory system, with its miles and miles of arteries, arterioles, capillaries and veins experiences an increase in the pressure within

the system. What causes this increase in arterial pressure? First, it’s important to recognize that arteries are not just tubes that take blood to the various tissues from the heart. Arteries have tiny muscles around them that reduce the blood volume constricting the arteries. These small muscles also open or dilate them. A number of things can cause





arteries to be constantly constricted. In certain people who are salt-sensitive, salt can cause the arteries to remain in a constant state of constriction.

Another key reason for the constriction of arteries lies in the fact that many of us are on an animal-based diet, and *we lack enough of a key dietary protein called L-arginine*. This important protein is a basic raw material for an artery relaxer called **nitric oxide**. Nitric oxide is produced by the endothelial cells that line the blood vessels. *L-Arginine is found in abundance in seeds* such as walnuts, kidney beans, chickpeas, and lentils...almost all the legumes and nuts are rich sources of this key “artery-relaxer” building block. But *meat, fish, chicken, dairy products, and eggs are very low in L-Arginine*, and high in cholesterol. This partially explains why there are so many people with high blood pressure in America today...50 million strong! Americans love animal foods, and hypertension is a natural consequence of that love affair.



The good news is that as soon as the individual begins to eat more legumes and seeds (and less animal flesh), the key raw material for producing nitric oxide, L-arginine, is presented in abundance. More L-arginine of course means more nitric oxide, which in turn means greater relaxation of arteries,

*system wide!* As the presence of nitric oxide increases, it begins to reduce the pressure in the arteries by relaxing the arterial muscles. The blood pressure begins to come down, and with it, the risk of a stroke or a heart attack.

One of the most important things that a person with hypertension can do is to reduce the sources of cholesterol in the diet. The reason is simple: *cholesterol is the natural enemy of nitric oxide, the natural artery relaxer*. According to a research article published in February 1995 in the American Journal of Cardiology, two researchers, Harrison and O’Hara, showed conclusively that high a cholesterol level actually destroy nitric oxide. The endothelial cells try to compensate for this rapid destruction of nitric oxide by high cholesterol levels by making more nitric oxide. The good news is that even if your cholesterol level is high, by increasing the amount of L-Arginine in the diet, normal arterial relaxation can be restored due to the increase in nitric oxide.



Some research projects like the Lifestyle Heart Trial have shown that for patients with chest pain or angina, there is a rapid decrease in angina pain when the patient is put on a diet with high arginine content and the cholesterol level is also reduced by dietary intervention. So what are you waiting