

Blood Pressure

What Is Blood Pressure?

Blood pressure is the pressure that is exerted on the blood vessels as it circulates around the body. As the heart beats, the blood pressure varies from minimum (diastolic) to maximum (systolic) pressure.

What Causes Blood Pressure Problems?

The difference in the mean blood pressure is responsible for the blood flowing from one location into another through circulation. High blood pressure (hypertension) is measured in millimetres of mercury as either systolic, i.e. the pressure of blood when the heart beats to pump blood out, or diastolic, which is the pressure of blood when the heart is resting in between the beats. This is reflective of how strongly the arteries are resisting any blood flow.

- **Normal blood pressure** is recorded as around 130/80mmHg as this is considered normal.

- **High blood pressure** is in the region of 140/90mmHg or higher.

- **Low blood pressure** is recorded as being around 90/60.

Very high or low blood pressure may be the sign of underlying health problems, although high blood pressure is more dangerous to the body. High blood pressure risk increases with age and may be related to poor diet, obesity, smoking, sedentary lifestyle, diabetes, drinking excess alcohol, undergoing stress, and depression.

Much of the time, there's no need to be alarmed about having low blood pressure. Mild symptoms may be perfectly fine. Certain individuals have a naturally low, naturally healthy blood pressure.

Blood Pressure FAQ

Q: Is it safe to take Serrapeptase when one already has low blood pressure?

A: It is safe, but you must start with a low dose and build up slowly. Stop carbs completely.



“I take the BlockBuster AllClear in the morning and afternoon on an empty stomach, two at a time. I also take 4 Curcumin capsules with dinner daily. I have had awesome results with my blood pressure and would like to continue to take both products at a maintenance level. I have been taking both products for about 5 months.”

- Cherie



Follow the Health Plan as recommended for the best results:



BLOOD PRESSURE HEALTH PLAN

The following plan is designed to improve blood pressure and to ease its signs and symptoms. When the supplement regime below is followed along with a naturally healthy diet, it's possible for the condition to be improved, and good health will be the result in the long-term.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy heart - in order of priority:*

- **Relaxwell** - Supports a relaxed system, lowers blood pressure and reduces anxiety. Daily Dose: Take 1 capsule, 3 times a day.
- **BlockBuster AllClear** - To support healthy blood flow and circulation. SerraEnzyme Serrapeptase, Nattokinase and 13 other circulation supporting nutrients. Take 2 x 3 times per day, 30 mins before eating and drop to 1 x 3 after 1 month (plan on 1-2 months)
- **HealthyFlow** - Arginine L-Lysine, L-Citrulline, Grapeseed Extract, 95% AstraGin (contains Astragalus membranaceus and Panax notoginseng). A complete formula to help healthy veins and arteries. Take 4 teaspoons over the day in a little water or juice.
- **Vitamin D3/K2 Spray** - Take 3 sprays, 2 times per day. Essential to support normal blood pressure. Vitamin D3/K2 spray boosts a protein called MGP which protects blood vessels against calcification.
- **Ancient Minerals Magnesium Oil Ultra** - Increases absorption of magnesium and reduces pain. Apply liberally onto skin such as the chest, arms and leg muscles to cover a wide range of absorption.
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days. ([See www.Probiotic29.com/studies](http://www.Probiotic29.com/studies).)
- **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.

Other Recommended Products

- [1st Line \(Thiocyanate\) Immune Support Kit](#) - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- [The Krill Miracle](#) - Krill oil replaces missing essential nutrients. Take 1 capsule, 2 times per day with food.
- [Naturally Better Vitamin E](#) - Protects healthy fats from oxidising and causing free radical damage. Take 1 capsule, 2 times daily.
- [Essential Digestive Plus](#) - For healthy digestion and absorption. Take 1 capsule as you start your meals, 3 times per day.

As A Vegetarian Alternative To Krill Oil...

- [Hemp Seed Oil](#) - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.