

HYPERTENSION & ATHEROSCLEROSIS

AVAILABLE STANDARD PROCESS SUPPLEMENTS:

<input type="checkbox"/>	Cardioplus	240 Tablets	2 Tablets, 3 x p/day with meals
<input type="checkbox"/>	Omega 3 Fish Oil 120 Perles	2 Perles	2 Perles, 2 x p/day with meals
<input type="checkbox"/>	Soybean Lecithin 330 Perles	1 Perle	3 x p/day with meals

* Avoid coffee, alcohol and tobacco

Food That Remove Arterial Fat & Cholesterol

LEGUMES

Very effective: Mung and soybeans, and their sprouts.
Most other legumes such as peas, beans, and lentils

GRAINS (in their *WHOLE grain form*)

Whole grains, esp. rye, steelcut oats, and amaranth;
also rice, sprouted wheat, and buckwheat.

VEGETABLES & FRUITS

Pungent foods: radish, horseradish,
[hot peppers, and the onion family (garlic, onion, leek,
scallion, shallot, chive)] – but avoid these if heat signs
are present

Leafy greens: cabbage, spinach, carrot greens, mint
leaf, kale, wheat and barley greens, broccoli, parsley.
Asparagus, bell pepper, tomato, citrus, celery,
bananas, persimmon, seaweed, cucumber, mushrooms

NUTS & SEEDS

Almond, hazelnut, flaxseed, pumpkin seeds (lightly
roasted to remove surface E. coli), walnut, sunflower
sprouts; but to be avoided if gallbladder problems and
digestive weakness present

ANIMAL PRODUCTS

Fish: Sardines, salmon, mackerel, and other
deep/cold-water fish.
Raw honey & bee pollen

BITTER FOODS:

Alfalfa, bitter melon, romaine lettuce, rye, citrus peel,
radish leaf, scallions, turnip, white pepper, amaranth,
asparagus, celery, lettuce, papaya, quinoa, vinegar,
Teas: chamomile, valerian, Echinacea, dandelion.

Nutritional Features

Lecithin: found in all legumes, but especially both
yellow and black soybeans

Vitamin C: abundant in legumes and sprouts

Vitamin E: rich in soybeans and all bean sprouts

Niacin (B3): Legumes and their sprouts

Omega-3 Oil: in soybeans

Niacin: in all grains, esp brown rice

Vitamin E: in all grains, esp sprouted wheat.

Rutin: in buckwheat (strengthens arterial walls)

Vitamin E & Omega-3 Oil: present in green
leafy vegetables (esp dark outer leaves), cabbage,
asparagus, cucumbers.

Vitamin C: onion family, spinach, asparagus,
citrus, celery

Vitamin E: in all nuts and seeds, esp almonds &
hazelnuts

Omega-3 Oil: esp flaxseeds, walnuts, pumpkins
seeds

Lecithin: esp sunflower sprouts.

Omega-3 Oil: All fish mentioned. Raw honey is
the only sweetener that reduces fatty
accumulations in the vascular system

Bitter foods: cleanse arteries of damp mucoid
deposits of cholesterol and fats, tending to lower
blood pressure. Celery is esp good for this
purpose. ****Bitter clears heat-type HBP**
****Use bitter foods more in Fall and Winter.**

Reference: "Healing with Whole Foods" – Paul Pitchford

The materials and content contained on this form are for general holistic nutrition information only to help support and enhance the body's own healing properties and are not intended to be a substitute for professional medical advice, diagnosis or treatment for any medical condition. You should not rely exclusively on information provided on this or any other nutritional guidelines for your health needs. All specific medical questions should be presented to the appropriate medical health care provider.