



HYPERTENSION

(aka High Blood Pressure)

Dr. Donna F. Smith

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STATISTICS

1. An estimated 1.28 billion adults aged 30–79 years worldwide have hypertension, most (two-thirds) living in low- and middle-income countries.
2. An estimated 46% of adults with hypertension are unaware that they have the condition.
3. Less than half of adults (42%) with hypertension are diagnosed and treated.
4. Approximately 1 in 5 adults (21%) with hypertension have it under control through Drugs. However, in Clinical Nutrition taking drugs is a sign of this not in control.
5. Hypertension is a major cause of premature death worldwide.
6. One of the global targets for noncommunicable diseases is to reduce the prevalence of hypertension by 33% between 2010 and 2030.



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MONITORING BLOOD PRESSURE

Hypertension (high blood pressure) is when the pressure in your blood vessels is too high (140/90 mmHg or higher). It is common; however, it is serious if not treated.

Blood pressure is written as two numbers. The first (systolic) number represents the pressure in the blood vessels when the heart contracts or beats. The second (diastolic) number represents the pressure in the vessels when the heart rests between beats.

For Example: No matter what your age, Hypertension is diagnosed any time the systolic blood pressure readings is ≥ 140 mmHg and/or the diastolic blood pressure readings is ≥ 90 mmHg on both day.

Our Blood Pressure Chart will give you the “maximum” numbers per age.

People with high blood pressure may not feel symptoms. The only way to know is to get your blood pressure checked.



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CLIENT COMMUNICATOR

For blood pressure readings and pulse, when time to update the **Client Communicator**, for the Column #1 date in the **Auto-Ship Schedule**, do the following:

1. Take your blood pressure at the same time the morning **before** the day of the update.
2. Then take your blood pressure **again** at the same time the morning **of the** update.
3. **Record them both** on the Blood Pressure Record. So, use two lines each time you take it for the update.
4. On the **Client Communicator**, put the Systolic, Diastolic and Pulse when they are the same each of the two days. Otherwise, your email is to contain the readings for both days.
5. Check our **Blood Pressure Chart** for normal, abnormal and emergency Readings.
6. Until you are doing this alone, Dr. Smith will monitor your Blood Pressure on the updated **Client Communicator**.
7. Note: Taking your blood pressure too often can cause other health problems. Be sure to take it only when a professional asks you or has taught you.



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CAUSES

1. Being overweight or obese.
2. Not being physically active.
3. Drinking too much alcohol.
4. Consuming or smoking Tobacco.
5. Diet – one or more of these dietary practices
 - a. High Chemical (Sodium Chloride) that tastes like Salt.
 - b. Not enough good Sea Salt. Unfortunately, not all sea salts are the same. Be sure you are ordering your sea salt from us.
 - c. High in saturated fat and trans-fat.
 - d. Low in fruits and Vegetables.
6. Air Pollution.
7. Environmental Factors.
8. Some Drugs.
9. Co-existing diseases such as diabetes or kidney disease. These and any Disease can improve through Clinical Nutrition.



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PREVENTION

1. **Healthy Diet** – Most people think they are eating healthy, but they do not know...
 - a. What foods are healthy (Quality),
 - b. How to prepare foods (Preparation),
 - c. How much to eat (Quality),
 - d. How to eat (When and Where).
 - e. Foods that maintain your pH (pH balance). Avoiding cancer!
 - f. How to maintain Colon Health (How to get rid of solid toxins),
 - g. How to maintain Liver Health (Phase I and II to rid toxins),
 - h. How to maintain Kidney Health (How to get rid of toxins through urine),
 - i. How to maintain Skin Health (How to help the 2nd kidney get rid of toxins and how to age gracefully). The skin is called the second kidney, even though the first kidney has two.

Some of the above you learn in Dietetics, some in PEPs and some must be supplemented.
2. **Physical Activity:** Physical activity can lower blood pressure, so be sure your Blood Pressure is monitored. Walking, Jumping on a Trampoline, Swimming and/or Working out in Salt Water. **These are truly the healthiest exercises.**
 - a. Ideally, you want at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity and
 - b. Do strength building exercises two or more days each week.
3. **Stressors** – Everyone has mental, emotional and spiritual stress, so find something you can do 5-7 days a week to eliminate your daily stress. You can ask for our **Stress Opinionnaire** to learn what adversely affects you in each of the four Stressors.
4. **Avoid** all **causes** of Hypertension that are within your control.



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SYMPTOMS

As I have said, most people with hypertension do not feel any symptoms. Very high blood pressures can cause headaches, blurred vision, chest pain and other symptoms.

Checking your blood pressure is the best way to know if you have high blood pressure. If hypertension is not addressed, it can cause other health conditions, like kidney disease, heart disease and stroke.

People with very high blood pressure (usually 180/120 or higher) can experience symptoms including:

1. severe headaches
2. chest pain
3. dizziness
4. difficulty breathing
5. nausea
6. vomiting
7. blurred vision or other vision changes
8. anxiety
9. confusion
10. buzzing in the ears
11. nosebleeds
12. abnormal heart rhythm

If you are experiencing any of these symptoms and have a high blood pressure, medical care is required immediately.

However, Clinical Nutrition prevents high and low blood pressure by addressing your causes for abnormal blood pressure and what is required to keep you healthy.



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DISEASES CAUSED BY HYPERTENSION

High Blood pressure can cause these diseases:

1. Cardiovascular Disease (Heart Disease Or Stroke)
2. Diabetes (High Blood Sugar)
3. Chronic Kidney Disease
4. High Risk For Cardiovascular Disease.

MEDICAL TREATMENT

There are several common blood pressure medicines:

- ACE inhibitors including enalapril and lisinopril relax blood vessels and prevent kidney damage.
- Angiotensin-2 receptor blockers (ARBs) including losartan and telmisartan relax blood vessels and prevent kidney damage.
- Calcium channel blockers including amlodipine and felodipine relax blood vessels.
- Diuretics including hydrochlorothiazide and chlorthalidone eliminate extra water from the body, lowering blood pressure.

If you must use them, I would use them only until my blood pressure was normal through Clinical Nutrition (CN), as I know only CN can heal me -- drugs cannot.



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COMPLICATIONS IF UNCONTROLLED

1. Among other complications, hypertension can cause serious damage to the heart. Hypertension can cause the excessive pressure to harden arteries and decrease the flow of blood and oxygen to the heart.
 - a. This elevated pressure and reduced blood flow can cause:
 - i. chest pain, also called angina,
 - ii. heart attack, which occurs when the blood supply to the heart is blocked and heart muscle cells die from lack of oxygen. The longer the blood flow is blocked, the greater the damage to the heart,
 - iii. heart failure, which occurs when the heart cannot pump enough blood and oxygen to other vital body organs and
 - iv. Irregular heart beat which can lead to a sudden death.
2. Hypertension can also burst or block arteries that supply blood and oxygen to the brain, causing a stroke.
3. Hypertension can cause kidney damage, leading to kidney failure.

Because of the contents of this document, which includes the above, it is important to add our **Stem Cell Therapy** supplement so you get those benefits, too.



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LOW PRESSURE, PULSE & OXYGEN (O₂)

Any of these can cause their own complications and diseases, when not addressed.

Most professionals address Hypertension because it occurs more often. Because of being more frequent, Dr. Smith monitors Low Blood Pressure, your Pulse and Oxygen to the heart and lungs and will let you know if any of these are abnormal and what you can do to improve them and stay healthy.

Dr. Smith also provides PEPs on:

1. Blood Health, which helps Low and High Blood Pressure and Pulse.
2. Lung Capacity and the Chi Machine for Oxygen to the Lungs and
3. Hydration for Oxygen to the Lungs.

Note: Once oxygen to the Lungs and Heart are addressed, the entire body will have greater access to oxygen.

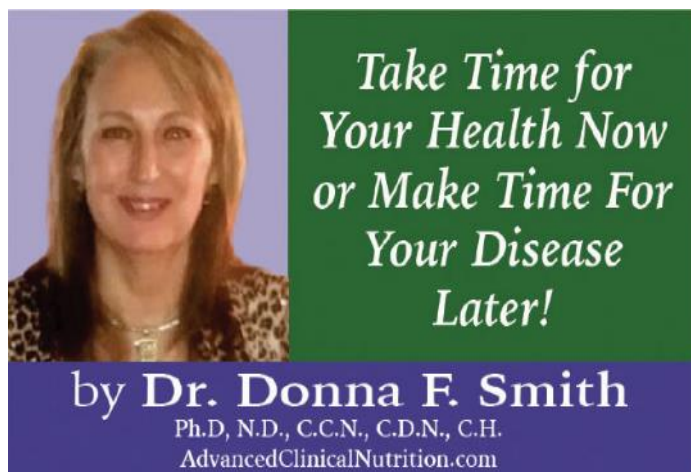


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ABOUT DR. SMITH



Degrees & Certifications

Clinical Nutrition (Ph.D.)
Doctor of Naturopathy (N.D.)
Board Certified Clinical Nutritionist (C.C.N.)

Certified Dietitian-Nutritionist (C.D.N.)
Canadian Chartered Herbalist (C.H.)

Dr. Donna F. Smith is the owner of **Advanced Clinical Nutrition** (est. 1981) in Wichita Falls, Texas, where she provides **Clinical Nutrition Testing and Therapy** (aka Functional Medicine), based on the findings from a **Clinical Nutrition Analysis of the Laboratory Reports** from testing her clients' biochemistry (i.e., blood, urine, saliva, stool, hair, and genetics, etc.). She has a success rate of over 90% helping her clients improve their health and her clients, currently, reside in 37 U.S. states and seven international countries.

Dr. Smith also serves on the Board of Directors for the **International and American Associations of Clinical Nutritionists** (IAACN.org). She has served as a Head Start Board Member Dietary and Nutritional Advisor; IAACN Texas Chapter Board of Director Secretary; National Health Federation Founder and President of the Wichita Falls Chapter, and Co-founder of the Association of Alternative Health Care. Her professional biography has been published in several Who's Who Directories in the Library of Congress.



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Interviews to date include a variety of nutrition-related topics by NBC and CBS network television news reporters, podcasts, such as The Female Millionaire, and radio, which includes a monthly series of Mid-Day Radio Talks with Susie Bradshaw KWFT Radio for 22 months, interviews by Dennis Courtney, M.D. Radio Talk Show in Greensburg, PA. and, locally, by Joe Tom White Morning Radio Show.

She is also a contributing writer for *The Villager*, a South Denver, CO., newspaper (since 3/2021), *Wichita Falls Parent Newsmagazine* for six years and is a freelance nutritional health writer for a variety of publications, having written over 100 articles for internet and traditional magazines, such as the *American Chiropractic Magazine*.

Dr. Smith's public speaking engagements include various clubs, organizations, corporations, hospitals, clinics, universities and scientific conferences, such as the IAACN, national groups of scientists and biochemists of the American Society of Clinical Laboratory Science (ASCLS), Stephen F. Austin University, Midwestern State University, Columbia Southwestern Medical Center, Optimist Clubs, Toastmasters, Business and Professional Women's Club, Women Entrepreneurs, Worksite Wellness, American Heart Association, Parkinson's Group, and St Gobain Corporation, to name a few.

Clinical Nutrition Testing, Therapy, Maintenance and Personalized Dietary and Lifestyle Education Services are provided by mail, e-mail, and telephone consultations. Lab Kits are mailed to each client's home, where they collect their specimen samples and then mail them directly to our Laboratories and/or have blood drawn and routine urinalysis collected at a local Quest Laboratory near their home.

Dr. Smith has successfully assisted her clients in improving their health, with the most frequent, but not limited to, increasing energy, balancing hormones, improving mental and emotional function, strengthening the nervous system, muscles, joints, and immune system, restoring overall organ/gland and body system function, improved skin, hair and nails, and in some cases even restoring natural color, managing weight, preventing/reversing disease processes and enhancing life and/or sports performance.

For more information, to order a Clinical Nutrition Analysis of the Laboratory Reports from testing your biochemistry (blood, urine, hair, saliva and stool), including genetic testing, and to contact Dr. Smith, call (940) 761-4045. The first consultation is FREE!

Meanwhile, please browse her Visitor website at www.AdvancedClinicalNutrition.com and read Free **Articles by Dr. Smith**, including all of **The Villager's** publications. You may also connect and/or follow her on www.linkedin.com/in/drdonnafsmith and www.Facebook.com/DonnaFSmithPhD. Though she is more active on LinkedIn; than other social media formats.