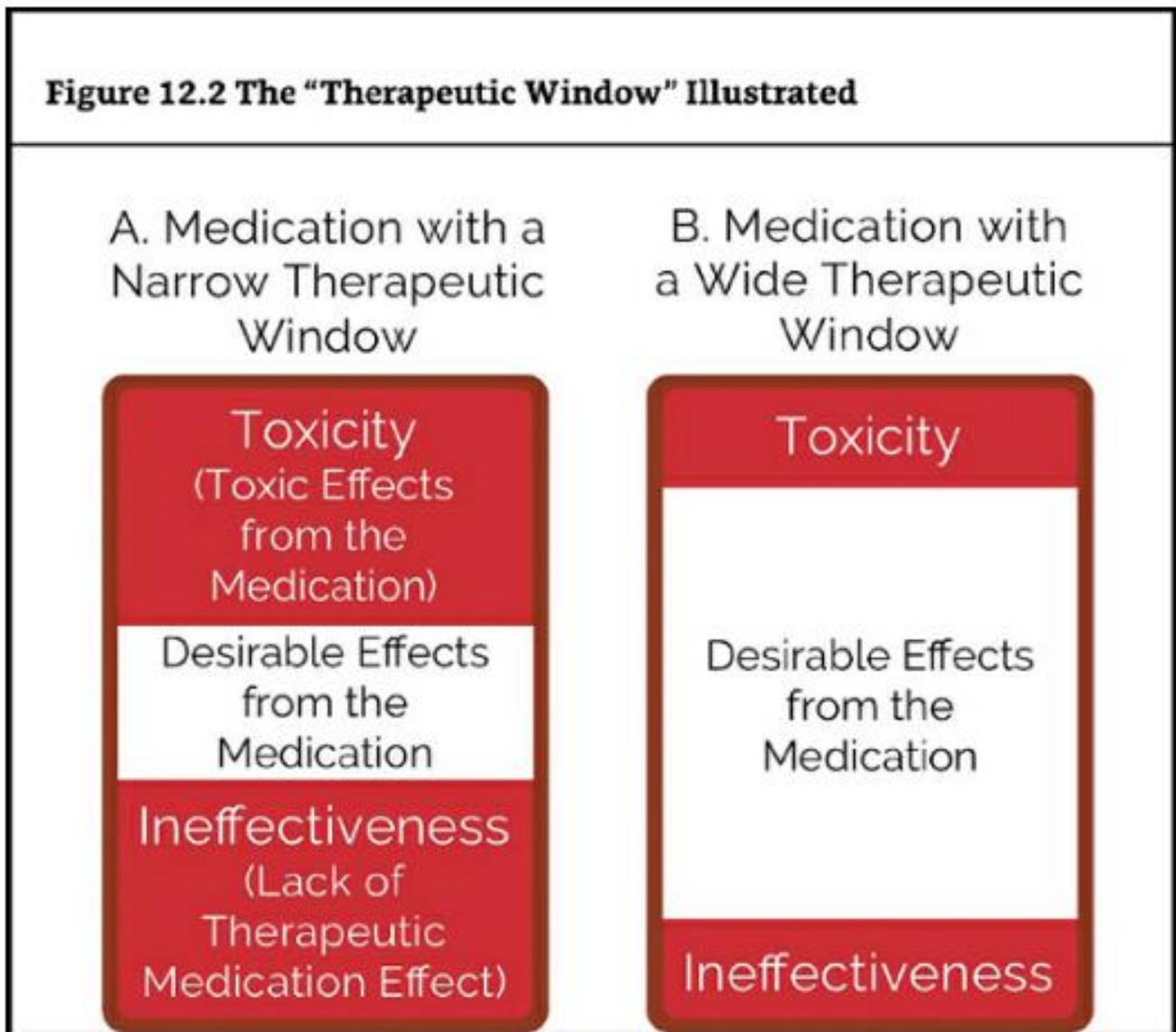


Are There Shortcuts to Better Health?

Supplementary Participant Materials for Session #3 of “Thirty Days to Natural Diabetes and High Blood Pressure Control”

A. Supplements vs Lifestyle

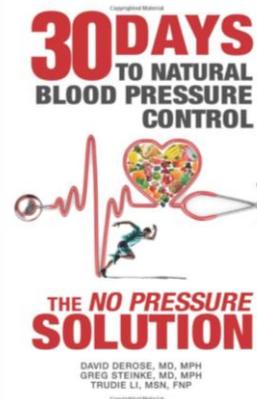
1. Are any supplements or group of supplements as powerful as lifestyle?
2. Importance of the “therapeutic window”



Blood Pressure Danger in “Supplementland”

Figure 13.3 Selected Herbs Associated with Elevated Blood Pressure

Arnica (<i>Arnica montana</i>)	Kava (<i>Piper methysticum</i>)
Bitter orange (<i>Citrus aurantium</i>)	Kola nut (<i>Cola nitida</i> and <i>Cola acuminata</i>)
Ephedra or Ma Huang (<i>Ephedra sinica</i>)	Licorice (<i>Glycyrrhiza glabra</i>)
Ginkgo (<i>Ginkgo bilboa</i>)	Senna (<i>Cassia senna</i>)
Ginseng (<i>Panax quinquefolias</i> and <i>Panax ginseng</i>)	St. John's wort (<i>Hypericum perforatum</i>)
Guarana (<i>Paullinia cupana</i>)	Yohimbine (<i>Pausinystalia yohimbe</i>)



Note: Material in this handout is provided courtesy of “Thirty Days to Natural Blood Pressure Control.” The book is most easily obtained in a variety of formats on Amazon (eBook/Kindle, hardcover, softcover, and audiobook).

- Use the following link for a free video overview of “Thirty Days to Natural Blood Pressure Control”: <https://youtu.be/rnnGYSuC6T4>
- Use the following link to purchase the book on Amazon: <https://www.amazon.com/gp/product/1942730020>

B. The Power of Magnesium

Figure 12.5 Selected Aspects of Magnesium's Health Resume

- 1 Necessary for more than 300 enzyme systems in the human body.
- 2 Can help prevent migraine headaches.
- 3 Higher intake associated with lower risk of heart disease and sudden death.
- 4 Increased consumption appears to decrease risk of developing diabetes.
- 5 May decrease risk of osteoporosis.
- 6 Plays a key role in nerve conduction, muscle contraction and heart rhythm control.

Magnesium Recommendations for Blood Pressure

We recommend at least 300 – 400 mg of elemental Mg daily for blood pressure lowering

Magnesium Content of Supplements

Magnesium Oxide 500 mg = 300 mg of elemental magnesium

1 Tablespoon *Philip's Milk of Magnesia* = 500 mg of elemental magnesium

C. Omega-3 Fats

Figure 12.6 Selected Health Advantages of Consuming More Omega-3 Fats

- 1 Decreased risk of heart-related death and cardiac events including heart attacks.
- 2 Lower levels of blood triglycerides (a harmful blood fat).
- 3 Decreased blood pressure.
- 4 Reduced joint pain and decreased need for anti-inflammatory medications in individuals with rheumatoid arthritis.
- 5 Possible decreased risk of Alzheimer's and other dementias.
- 6 Improvements in mood and decreased risk of depression.

Figure 12.7 Recommendations Regarding Omega-3 Fat Intake

- 1 Prioritize dietary sources of omega-3 fats over supplements.
- 2 De-emphasize fish consumption; globally we don't have enough fish to sustainably meet the omega-3 requirements of the world population.
- 3 Also beware of toxin exposure associated with fish consumption.
- 4 Keep omega-3 fat sources refrigerated.
- 5 If you must take a supplement, consider a liquid source rather than an encapsulated one.

**Figure 12.8
Top Plant and Fish Omega-3 Fat Sources**

FOOD	SERVING SIZE	ALA**	EPA	DHA
Flaxseed oil	1 Tablespoon	7258 mg	0 mg	0 mg
Chia seeds, dried	1 ounce (28.35 grams)	5055 mg	0 mg	0 mg
Black walnuts, dried	1 cup	3346 mg	0 mg	0 mg
Flaxseed, ground	1 Tablespoon	1597 mg	0 mg	0 mg
Salted mackerel*†	100 grams (approx. 3.5 oz)	159 mg	1619 mg	2965 mg
Pacific herring* (cooked with dry heat)	100 grams (approx. ¾ cup)	73 mg	1242 mg	883 mg
Alaskan Native Sockeye salmon† (smoked filets with skin)	100 grams	130 mg	905 mg	1520 mg
Most other fish	100 grams	< 60 mg	< 1000 mg	< 1500 mg

* the two highest fish sources of EPA in the USDA database (excluding fish oil and caviar/roe)
 † the two highest fish sources of DHA in the USDA database (excluding fish oil and caviar/roe)
 ** Content of ALA in the fish sources and in the ground flax may be falsely elevated by the inclusion of polyunsaturated fats with 18 carbons that are not in the omega-3 family

How Much Omega-3 Should I Consume?

Some experts recommend 15,000 mg or more of ALA to get maximal cardiovascular benefits. This large amount is based on a 5% conversion of short chain to long chain omega-3 fats. If that conversion is accurate, it would render this level of intake comparable to eating the oft-recommended two servings of fish per week.

Choosing Omega-3s for their anti-inflammatory benefits?

Then consider these other anti-inflammatory adjuncts

- Turmeric 500 mg three times daily
- Boswellia extract 200 mg to 600 mg twice daily

D. Is Sleeping Less a Good Productivity Shortcut?

Figure 9.1 Risk of Developing Hypertension by Obstructive Sleep Apnea (OSA) Status (data on 1889 participants followed for 21,003 person years)

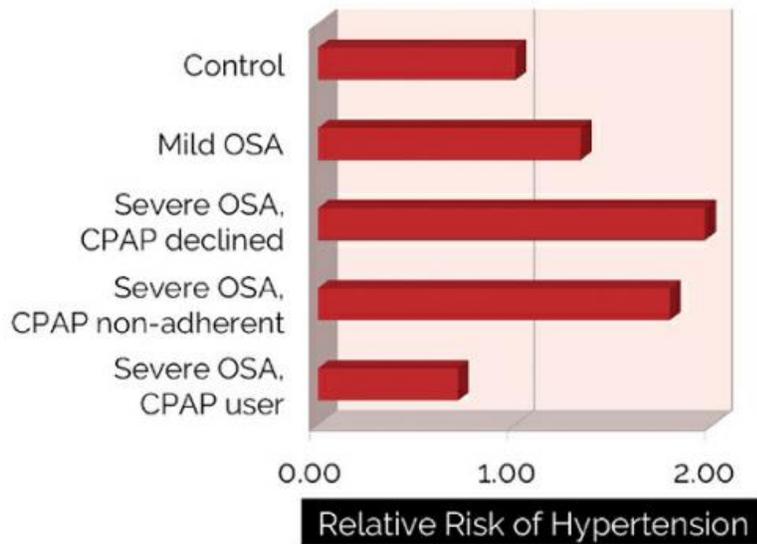


Figure 9.2 Apnea Hypopnea Index (events per hour) by OSA Status in the Zaragoza Study

