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Specific Recommendations

Hypertension or High Blood Pressure

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The most common disease I treat in my office is hypertension. And patients usually anticipate a lifetime of drug therapy. The medical literature is very clear: if we allow hypertension to go untreated, there is a significant increased risk in heart attacks, stroke, congestive heart failure, and kidney failure.

It is simple to understand that any pump or pipe system under higher pressure for a prolonged period of time will not last as long. It is important to note, antihypertensive medications that we physicians prescribe do not cure anyone's high blood pressure. We are merely able to *control* high blood pressure with our medications. Therefore, as soon as a patient quits the medication his or her blood pressure returns to its original high level. Patients are often left with no other choice but to continue their medications for a lifetime.

In view of all the different side effects of the antihypertensive medications, many of my patients strongly desire to do anything that would allow them to reduce or discontinue their medications. The medical literature has encouraging findings for these people. For example, the JAMA reported a study in March of 1987 that found by simply eating a healthy diet that allowed the patient to lose some weight, reducing salt and alcohol, and increasing their physical activity, 39% of the patients were able to maintain normal blood pressures without drugs. In a clinical trial done by myself and Usana Health Sciences via the Western International Review Board, systolic blood pressure dropped an average of 10 points and diastolic blood pressure dropped an average of 6 points in just 12 weeks. The participants in this clinical trial took the Usana Nutritionals and combine them with the healthy lifestyle changes promoted in the Healthy for Life Program located at www.releasingfat.com.

Physicians and researchers are beginning to realize that the majority of patients with high blood pressure is the result of an underlying insulin resistance. Healthy lifestyle changes can significantly improve insulin sensitivity and improve their health and blood pressure. This was noted in the above clinical trial and many individuals are improving their blood pressure enough to avoid taking medication. However, it is important to realize that you not only need to be taking nutritional supplementation, but also you need to improve your diet along with having a modest exercise program.

Furthermore, Dr. David McCarron reported a study in June 1984 in *Science, Volume 224*, that low intake of calcium, potassium, **vitamin A**, and **vitamin C** were all associated with a higher incidence of hypertension. Patients who were treated with oral magnesium supplementation showed a significantly lower systolic and diastolic blood pressure. Magnesium is now regarded as nature's own calcium-channel blocker.

Clinical studies reveal that **vitamin C** in supplementation is able to restore nitric oxide activity in hypertensive patients. Dr. Russo reported in the September 1998 issue of the *Journal of Hypertension* that oxidized-LDL cholesterol also caused injury to the endothelium. He demonstrated that hypertension is associated with greater than normal oxidation of the LDL cholesterol and an imbalance in the anti-oxidant status. His findings suggests that oxidative stress is an important factor in the development of hypertension and that antioxidants taken in supplementation could be beneficial. There have been

several studies that have shown that in addition, Coenzyme Q-10 is not only able to lower systolic and diastolic blood pressures but also is able to lower insulin resistance, which decreases glucose and triglycerides.

So when you combine the aggressive nutritional supplement program recommended below along with a healthy diet and modest exercise program you give yourself the absolute best chance to improve your health and blood pressure.

Minimal support for Cellular Nutrition

My minimal recommendation for creating [cellular nutrition](#) is to simply take an [Antioxidant Tablet](#) and [Mineral Tablet](#) that contains as close to the recommended nutrients you can see by clicking on each particular nutrient or tablet. Several nutritional companies are now combining most of these nutrients into one or two different tablets, which makes it much more convenient to get the cellular nutrition that I recommend. The Antioxidant and [Mineral Tablets](#) need to offer the cell ALL of the antioxidants, [B cofactors](#), and antioxidant minerals needed by the cell at ideal levels. In order to achieve the best results, in general I recommend taking 2 [Antioxidant Tablets](#) and 2 [Mineral Tablets](#) in the AM with breakfast and in the PM with your evening meal. Now the exact amount may vary with the particular nutritional company you choose; however, nutritional supplements should always be taken with food because of better absorption and better tolerance.

Optimal support for Cellular Nutrition

For the most favorable results for basic [cellular nutrition](#), I also recommend adding to the [Antioxidant Tablet](#) and [Mineral Tablet](#) some additional [Calcium/Magnesium Tablets](#) and [essential fats](#). You are able to get additional essential fatty acids from high-quality Flax Seed Oil or pharmaceutical-grade, filtered Fish Oil Capsules. These recommendations provide all the nutrients at their ideal levels creating the cellular nutrition I recommend in my book, *What Your Doctor Doesn't Know About Nutritional Medicine*.

Enhancers

It is critical that you know the necessity of adding Enhancers, which contain additional potent antioxidants, to your foundational cellular nutrition for optimal results. Patients who are suffering from a chronic degenerative disease or illness are producing more free radicals and are under more oxidative stress than the average healthy individual. Therefore, adding potent Enhancers to the basic cellular nutrition I recommend offers you the best chance to bring this oxidative

stress back under control. The synergy and increased potency created by this approach to nutritional medicine is why I'm able to get such consistent improvement in the health of my patients.

However, in order to suit each individual's unique financial situation, I always offer both an optimal and a minimal plan for [cellular nutrition](#) and for adding Enhancers. Obviously, one's improvement of their health will be more consistent with the optimal recommendations; however, a minimal regime can still produce significant improvement in your health.

Recommended Enhancers:

Optimal:

- [Grape Seed Extract](#) - 2 tablets daily
- [CoQ10](#) - 2 capsules daily
- [Calcium/Magnesium Tablet](#) - 6 tablets daily

Minimal:

- [Grape Seed Extract](#) - 1 tablet daily
- [Calcium/Magnesium Tablet](#) - 6 tablets daily

Optimal Recommendations

Nutritional Supplement	Breakfast	Lunch	Dinner
Antioxidant Tablet	2		2
Mineral Tablet	2		2
Calcium/Magnesium Tablet	3		3
Grape Seed Extract	1		1
CoQ10	1		1

Fish Oil Capsule	1		1
Flax Seed Oil (may substitute for Fish Oil)	2 tsps		

Minimal Recommendation

Nutritional Supplement	Breakfast	Lunch	Dinner
Antioxidant Tablet	2		2
Mineral Tablet	2		2
Grape Seed Extract	1		
Calcium/Magnesium Tablet	3		3

Choosing High-Quality Nutritional Supplements

One of the most difficult aspects of being involved in nutritional medicine is the fact that nutritional supplement companies are basically an uncontrolled industry. The FDA looks at supplements like foods. Nutritional companies are really not required to put in their tablets what they say is on their label. The quality of products that is placed in most supplements is of inferior quality and their manufacturing processes are generally suspect. People who have read my books or used this web site will sometimes go out to their local chain stores, drug stores, or health food stores and try to put together my recommendations on their own. The frustrating thing about this is that they think that they are doing what I am recommending only to either not get any health benefits from their efforts or very marginal results.

When you look at my nutritional recommendations for the Antioxidant tablet and Mineral tablet, you will quickly realize that you cannot get this amount of supplementation in a simple daily multivitamin. However, some companies are now putting all of the needed nutrients together in one or two different pills. In order to achieve the optimal levels I recommend, you will most likely need to take several (four to eight tablets) daily. The more antioxidants you take and the more variation your supplement provides the better. Also be sure that you are getting all the recommended levels of the minerals and the B-cofactors.

You need to spend a little time investigating the nutritional company you choose. You can locate information on the company's website or you may need to call the company directly. Most importantly, you want a company that follows pharmaceutical-grade Good Manufacturing Practices (GMP). This means that they purchase pharmaceutical-grade raw materials and then follow pharmaceutical-grade Good Manufacturing Practices in producing their supplements. These companies produce what is called pharmaceutical-grade supplements, meaning similar guidelines are followed for manufacturing their products as companies making over-the-counter or prescription medications. The government does not require the manufacturers of nutritional supplements to do this; still, some nutritional companies put this extra effort into the manufacturing of their products to provide their customers with the assurance that they are getting what is on the label. These high-quality manufacturers will put the actual amounts of the nutrients found in their products on the label and give full disclosure of all the ingredients. You also want to find an expiration date on the bottle and the company's full address.

Another aspect of quality that needs to be considered is whether or not the manufacturer of your nutritional supplements follows what are known as U.S. Pharmacopoeia (USP) standards. These are government guidelines that assure consumers that their medications and supplement tablets are of the highest quality and will dissolve properly and be readily absorbed into the body. Pharmaceutical-grade GMP's would be rendered worthless if the company does not also follow USP standards for the dissolution of their tablets. If the tablet does not dissolve properly, it does not matter what they put in them. Choosing a company that follows the USP guidelines is certainly a step in the right direction.

Balance and completeness is another very critical aspect of choosing a high-quality nutritional supplement. Just like there are drug-interactions, there are also nutrient interactions that can create poor absorption and poor interactions. This is probably the most difficult aspect for the average consumer to really know or understand. Therefore it is critical to choose a company that understands completeness and balance in their products.

Another aspect to consider when you are researching a particular company is where it markets its products. A company that markets internationally usually has to follow higher standards than those who market only in the United States. Canada, Australia, and Western European countries have the highest standards for the manufacturing of nutritional supplements. Canada and Australia presently have some of the most restrictive requirements for nutritional supplements.

Starting Your Nutritional Program

Over 80 to 90% of my patients are able to start taking their nutritional supplements with absolutely no problems. The

cellular nutrition that I recommend provides nutrients that you get from foods but at levels you just are not able to obtain from your foods. These are not herbs nor do they have any pharmaceutical properties. They are merely nutrients that our bodies need to function at its optimal level. My cellular nutritional recommendations have been developed to provide all the essential nutrients to the cell at these optimal or advance levels that have been shown to provide a health benefit in our medical literature. The level of the nutritionals provided in these recommendations are all well within safe parameters. However, you will be nourishing your body more effectively than you have ever nourished it before. The medical literature has shown us that when you supplement your body with these high quality, complete and balanced nutritional supplements that there are several health benefits. Remember, taking supplements is about health—not disease. Over time of supplementing a good diet and exercise program, you will not only optimize your body's natural antioxidant defense system, but also, its natural immune and repair system. Your body will also now be able to begin to remove waste products (toxins) more effectively from the body. A small percentage of my patients (less than 10 to 20%) may experience some mild detoxification reactions.

Detoxification

The most common detoxification reaction is mild muscle aches and/or mild headaches. These symptoms will usually pass within a few days to a week or two. If the discomfort is not unbearable, I simply have my patients continue their nutritionals as I have recommended. However, occasionally there is a more severe reaction. The patient is not in danger; rather, the amounts of nutrients are just too much too fast. In this case, I have my patients quit their supplements for a few days until the reaction subsides. I will then have them start back on their program but initially at lower doses (approximately one third of the recommended dose). Once they are tolerating this amount of supplementation, I suggest slowly building up to the recommended doses.

Some of my patients actually develop a "detox" skin rash somewhere on their body. As you know, the skin is an important route for ridding the body's toxins. This rash is a dry, red rash that looks almost like a mild sunburn. Some people confuse this with an allergic reaction to the supplements. I have never seen an allergic reaction to the high-quality nutritional supplements I recommend.

Patients may also experience some aspect of loose stools or even diarrhea. This again is a common "detox" reaction because the GI tract is another prime route for eliminating toxins from the body. This symptom will usually diminish within 7 to 10 days. It is an important part of the detoxification and healing process. Therefore, I usually encourage my

patients to continue the supplements as recommended unless their bottom gets too sore. I will then again recommend lower doses of the supplements until they feel better and then begin adding the supplements back more slowly until the recommended doses are reached.

Natural Relaxation Response

A small percentage of patients develop a natural relaxation response when minerals are absorbed into their body. This is of great concern to those patients who have just been told that nutritional supplementation may potentially improve their energy level. They take the supplements as recommended only to find themselves more fatigued and dragging themselves around throughout their day. If you experience this response, I recommend that you take all of your minerals with a light bedtime snack. This allows you to take advantage of your body's response while getting a good night's sleep.

Stomach Upset

A small percentage of patients have difficulty tolerating vitamin C. It can cause an upset stomach that will usually become evident a couple days after starting their nutritional program. The vitamin C I recommend usually is found in the Antioxidant Tablet. If you are experiencing significant nausea, I suggest taking just one Antioxidant Tablet with the largest meal. Once this level of supplementation is better tolerated, I suggest slowly adding another Antioxidant Tablet to the next largest meal. I anticipate building them up to the recommended level of supplementation, but sometimes this is just not possible. For those extremely sensitive, I advise just taking the amount of Antioxidant Tablets that they can tolerate even if this is just one or two per day.

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