LOW BLOOD PRESSURE (Hypotension)

Symptoms:

___ nausea
___ dizziness
___ loss of balance
___ lightheadedness,
___ headaches
___ short of breath
___ chest pain
___ rapid heart rate
___ pale skin
___ iron deficiency
___ narcotics, drugs
___ malnutrition
___ dehydration (check colour of urine)
___ addison's disease
___ pain in feet, ankles (blood may be accumulating in lower parts of the body)
___ hypothyroidism
___ sepsis

Causes:

___ may be a result of renal or heart problems as well as a result of being in shock or sick
___ being on a totally salt free diet. Not recommended because salt builds blood and is precious and needed.
___ autonomic neuropathy (can occur in diabetics due to long term damage of high blood sugars)
___ certain foods can cause: eg. coconut butter increase heart rate and decrease blood pressure.
___ low carb diets can increase epinephrine output, increasing heart rate.
___ cardiogenic shock (other symptoms: fatigue, loss of consciousness, lethargy)
___ congestive heart failure (affects chambers of the heart)
(other symptoms: may have loss of appetite, indigestion, bulging veins in neck)
___ arrhythmia (may also experience fainting, short of breath, chest pain)
___ adrenergic bronchodilator drug overdose (may also experience spasms, spastic bridging of spinal cord/neck, gasping for breath)
___ dehydration (may also experience headache, coma, abnormal urine odor)
___ bleeding (may also experience pain, blood in stool, clammy skin)

Low Blood Pressure, With High Heart rate:

Symptoms:

___ diarrhea
___ bedwetting
___ headache
___ blood in stool (can be internal bleeding)
___ clammy skin
___ insect sting
___ short of breath, chest pain

Causes:

___ caffeine overdose (other symptoms: diarrhea, bedwetting, headache)
___ possible reaction to drug(s)

Low blood pressure combined with fast pulse is not good. Once heart beats for more than 83 times a minute, seek attention. the faster the heart beats, the harder it is exerting effort to pump blood to the rest of your body. Continuous high heart rate puts you at a greater risk of suffering from heart attack in

coming years. Having a high heart rate can affect blood pressure readings and produce inaccurate information. High heart rate also causes to knock down plaque from artery walls, leading to blockages and eventual heart attacks.

LOW BLOOD PRESSURE – WITH LOW HEART RATE

Symptoms of low blood pressure above are same
Low heart rate - 60 is normal, so it would have to be quite low to be abnormal. Athletes usually have much lower heart rates.

Supplements that may help Low Blood Pressure:

___ 1500 mg Vitamin C helps maintain health of blood vessels that are strained by greater pressure.
___ Vit B complex
___ Choline
___ Inositol
___ Niacin
___ Pangamic Acid (B15)
___ Pantothenic Acid (B5)
___ 400 IU Vit. D
___ 100 - 800 Vit. E
___ 100 - 300 mg Bioflavonoids
___ 250 - 500 mg Calcium 3 times a day. Calcium is best taken after 3 pm.
___ 250 - 500 mg Magnesium 3 times a day. Magnesium is best taken after 3 pm.
___ Cal-Mag in 2:1 proportion. Take after 3 pm.
___ 1200 mg Lecithin
___ Potassium
___ Protein
___ Fiber needed to be added to diet

Herbal help for low blood pressure to try:

___ Mistletoe (viscum album) extract (15 drops 3 X day or 3 cups of tea daily)
___ Hawthorne Berry caps or syrup taken each day helps regulate blood pressure
___ Malva tea for heart valves
___ 2-4 caps Cayenne in morning and afternoon helps remove plaque from arterial wall and helps control blood pressure. Don't take just before bedtime.
___ Garlic and Parsley help regulate blood pressure, cleanse the blood and strengthen the heart. Garlic capsules (2 with each meal)
___ Red Clover Blossom Tea to purify blood
___ Siberian Ginseng
___ Drinking coffee narrows the blood flow in the arteries, pushing up the blood pressure. Just drinking one cup is probably not going to be enough.