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## **Natural Ways to Help Blood Pressure**

According to the American Heart Association, nearly half of U.S. adults have high blood pressure, also known as hypertension, and many aren't aware of it. Normal blood pressure is considered to be under 120/80 mm Hg, and high blood pressure is 140/90 or higher. High blood pressure is a risk factor for heart conditions and if it's uncontrolled, it can damage your body and lead to complications.



Cathy Wong, N.D., an American College of Nutrition-certified nutrition specialist with more than 16 years of experience, detailed natural remedies for high blood pressure in an article in the *Very Well Health* online newsletter in February. Here are some of those remedies.

### **Garlic**

Garlic may help to lower blood pressure, according to recent research. A review of nine previously published trials found that systolic blood pressure (the top number in a reading) and diastolic blood pressure (the bottom number in a reading) were reduced more effectively by treatment with an aged garlic extract than a placebo.

Some research suggests that compounds in garlic extract, such as S-allylcysteine, may improve elasticity in arteries and relax muscle cells in blood vessels, possibly by stimulating the production of hydrogen sulfide and increasing nitric oxide production (a molecule that can help to widen blood vessels and lower blood pressure) in blood vessels.

### **Fish Oil and Omega-3 Fatty Acids**

Oily fish such as salmon and sardines are high in eicosapentaenoic acid (EPA) and docosapentaenoic acid (DHA), omega-3 fatty acids that play a role in blood pressure. In a report published in the *American Journal of Hypertension* researchers analyzed 70 previously published trials and found that the consumption of omega-3 fatty acids for four to 26 weeks reduced systolic and diastolic blood pressure very slightly.

Although many studies have used high doses of omega-3 fatty acids, a preliminary study published in the *Journal of Nutrition* in 2016 explored smaller amounts of EPA and DHA (typical of what could be achieved through dietary intake) and found that daily doses showed reductions in systolic blood pressure. Further research is needed.

### Cocoa

Flavanols, a type of antioxidant found in cocoa and dark chocolate, may help with high blood pressure.

Some research suggests that cocoa flavanols may increase the formation of nitric oxide in blood vessels, resulting in the dilation of the blood vessels and lower blood pressure.

A report published in the Cochrane Database of Systematic Reviews analyzed previously published clinical trials on chocolate and cocoa products and blood pressure in healthy adults and found that consumption of flavanol-rich cocoa products for two to 18 weeks resulted in a small (2 mm Hg) reduction in blood pressure. The blood-pressure-reducing effect appeared to be greater in those with prehypertension.

### Magnesium

Magnesium, a mineral found in leafy greens, nuts, seeds, fish, whole grains, avocados, bananas and other foods, may modestly lower blood pressure, particularly in people with magnesium deficiency. In a report published in *Hypertension*, researchers analyzed previously published clinical trials and found a small association between magnesium intake and lower blood pressure.

Specifically, people taking a median of 368 mg of magnesium a day (an amount that can be obtained through diet) for an average of three months had reductions in systolic blood pressure of 2 mm Hg and diastolic blood pressure of 1.78 mm Hg.

### Mind-Body

Mind-body therapies such as yoga and meditation may help to reduce your stress and lower blood pressure. A study published in the *Journal of Alternative and Complementary Medicine* found that meditation and yoga appeared to reduce blood pressure.

Another study found that qi gong lowered blood pressure in adults with hypertension, but found no differences between meditation and other mind-body practices on systolic blood pressure.

This is a short list of natural ways to impact blood pressure. It's important to note that these remedies have a small impact on blood pressure, even though they are clinically significant, according to the Very Well article. They are best used as part of a comprehensive approach that combines exercise, a balanced diet, lifestyle modifications, and any treatments that your doctor recommends for you.

(Source information: <https://www.verywell.com/natural-remedies-for-high-blood-pressure>)



## March ALTRUM NEWS Probiotics Keep Your Gut Healthy\*

Research shows that about 70 to 80 percent of your immune system is in your gut. A number of factors can work together to rob your gut of the ability to replenish your immune system — aging, bad food, stress are among them. But, research has proven that probiotics — live bacteria and yeasts that are good for your health, especially your digestive system — can help restore and maintain your immune system, as well as provide other health benefits. Look for more information on maintaining healthy digestion in this issue of *ALTRUM* News.

## Improved Flavor, Coating for Male Power

French vanilla has been added to the ALTRUM Male Power (DMP01) formulation for better flavor. The product also now features an improved coating that maintains tablet integrity.

## ALTRUM Supplements That May Help Blood Pressure\*



\* These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent disease.

Please check with your physician when using prescription medication in combination with food supplements.

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