

## **forbiddenhealing**

Blood vessels are lined with connective tissue...like intestines, lungs and skin/bone/joints/fascia...Mega C and bone broths restore strength and flexibility to vessels while Vit C raises charge and O2 delivery to cells while decreasing blood/fluid viscosity; BP drops!...I'd add it to the valuable foods mentioned...Those using counterfeit medicine's blood thinners/BP pills never address root causes.

Posted On 09/18/2017

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## **Mira\_Borgia**

I lowered my blood pressure with magnesium. I use magnesium citrate and threonate each one once a day. My blood pressure is constant at 122/72.

Posted On 05/08/2018

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## **drbrhm**

Low suger , moderate protien , high fiber and healthy fat diet is the key for optimal health , that is what I have known after reading Fat for Fuel book .

Thanks alot Dr.Joseph

Posted On 09/22/2017

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## **bchristine**

About 7 years ago I was on BP meds. No Dr. ever spoke to me about lifestyle, diet, etc. they just put me on meds. I feel most of it was due to "white coat syndrome", but even that was not discussed. I gradually lost about 30 lbs through completely changing my diet and regular exercise.

I monitored my BP at home (still do), and it is rarely ever over 120/80. Although sometimes my systolic goes a little over 120. I really wish Drs. were taught the power of nutrition in med school ... our society would be so much healthier.

Posted On 09/21/2017

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## **DudleyD**

I lowered my blood pressure with earthing, an inexpensive drugless method that has no side effects. Do a search on earthing at YouTube for more information.

Posted On 09/18/2017

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## **doggiemom**

Perfect timing. A friend is having bad side effects from BP med, the only med she takes at 82 years old. No computer so printed this out for her. Thank you.

Posted On 09/18/2017

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## Guillermou

Garlic supplements have been shown to be effective in lowering blood pressure in hypertensive patients, similar to standard first-line antihypertensive medications and without the side effects. Garlic has shown promise in improving cardiovascular health by reducing arterial stiffness, elevated cholesterol levels, and blood "stickiness." In addition, the prebiotic properties of garlic increase intestinal microbial richness and diversity. Meta-analysis of 12 trials and 553 hypertensive participants confirmed that garlic supplements reduce systolic blood pressure.

Vitamin B12 status plays an important role in blood pressure responsiveness to garlic. [www.spandidos-publications.com/10.3892/etm.2019.8374?text=fulltext#](http://www.spandidos-publications.com/10.3892/etm.2019.8374?text=fulltext#) (2020).----- 1.- Garlic activates nitric oxide, which leads to vasodilation. Garlic-derived polysulfides improve endothelial nitric oxide (NO) regulation, which induces smooth muscle cell relaxation, vasodilation, and BP reduction. with supplements of organic sulfur compounds derived from garlic. [www.ncbi.nlm.nih.gov/.../PMC4266250](http://www.ncbi.nlm.nih.gov/.../PMC4266250) (2014).--- [onlinelibrary.wiley.com/.../fft2.289](http://onlinelibrary.wiley.com/.../fft2.289) (2023).---- 2.- Sulfur is linked to the methylation pathway, and both require several cofactors, such as vitamin B12, folic acid, vitamin B2 and vitamin B6.

Deficiencies in cofactors, such as vitamin B12, may explain the individual blood pressure responsiveness to garlic observed in our clinical trials. 3. Improves the intestinal microbiota, with microbial richness and diversity that significantly reduces blood pressure that was accompanied by a decrease in acetate and butyrate-producing bacteria. Elevated BP is associated with gut microbiota dysbiosis.

Posted On 02/09/2024

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## Guillermou

The gut microbiota and its metabolites, such as short-chain fatty acids (SCFAs), lipopolysaccharides (LPS), and trimethylamine N-oxide (TMAO), affect hypertension and atherosclerosis. It was shown that hypertensive patients have a lower abundance of SCFA-producing microbiota and a higher abundance of gram-negative bacteria, which are a source of LPS. [www.nature.com/.../s41467-020-18871-1](https://www.nature.com/.../s41467-020-18871-1) (2020).-- [www.mdpi.com/.../2982](https://www.mdpi.com/.../2982) (2020).-- [www.sciencedirect.com/science/article/abs/pii/S0006295222003963](https://www.sciencedirect.com/science/article/abs/pii/S0006295222003963) (2022).-- [www.mdpi.com/.../9673](https://www.mdpi.com/.../9673) (2022).-- Garlic can reduce blood pressure, waist circumference, body mass index, LDL-C, triglycerides, and inflammatory markers.

It can also increase HDL-c levels and can improve cardiovascular parameters such as coronary artery calcium, microcirculation, epicardial and periaortic adipose tissue, low-attenuation plaque, carotid intima-media thickness; and carotid intima-media thickness. The genus *Allium* (are rich in organosulfur compounds, quercetin, flavonoids, saponins, and others, which have anticancer activity, preventive of cardiovascular and heart diseases, anti-inflammatory, anti-obesity, anti-diabetes, antioxidants, antimicrobial activity, neuroprotective and immunological effects, etc.

Numerous Scientific works reveal the positive effect of organosulfur compounds from plants of the *Allium* genus on the immune system and inflammatory processes.

[www.tandfonline.com/.../10408398.2022.2043821](https://www.tandfonline.com/.../10408398.2022.2043821) (2022).---- [onlinelibrary.wiley.com/.../ptr.7729](https://onlinelibrary.wiley.com/.../ptr.7729) (2023).-- [www.sciencedirect.com/science/article/abs/pii/S0378874123008280](https://www.sciencedirect.com/science/article/abs/pii/S0378874123008280) (2023).--

Posted On 02/09/2024

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## bchristine

Great information as usual Gui :) I have read where the "aged" garlic is more beneficial; however it would have to be taken in supplement form or powder (I think) vs. using garlic in cooking.

Posted On 02/09/2024

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## Guillermou

Very true bchristine. Prolonged aging of garlic in dilute alcohol, without heat, produces unique and potent compounds, including S-allylcysteine and other S-allyl compounds. These sulfur-based components have powerful oxidant-reducing qualities. The aging process can also produce other beneficial compounds. In addition to the collective findings of the 2016 review, more recent studies on the cardioprotective effects of aged garlic extract have revealed notable results. One of the most compelling effects of aged garlic extract is its ability to help reverse early heart disease. It does this by removing the buildup of deadly plaque on the walls of your arteries.

In a randomized, double-blind study, researchers gave patients with metabolic syndrome (ages 40 to 75) a placebo or 2,400 mg of aged garlic extract daily. They then tested their coronary arteries (those that supply blood to the heart) for plaque. A follow-up examination one year later showed that those who took garlic experienced a slower buildup of total plaque compared to the placebo group. Most impressively, regression of the “low attenuation” plate occurred.

[www.lifeextension.com/magazine/2018/10/aged-garlic-reduces-heart-disea..](http://www.lifeextension.com/magazine/2018/10/aged-garlic-reduces-heart-disea..)

Posted On 02/09/2024

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## jeanpet

Optimizing Your Mitochondrial Function With Intermittent Hypoxia Analysis by Dr. Joseph Mercola  
January 14, 2024

Posted On 02/10/2024

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## Joy8965

Guillermou, I love drinking steeped garlic cloves! Iced or warmed.

Posted On 02/09/2024

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## Guillermou

Good practice, The way garlic is prepared and ingested is important to achieve these benefits. Raw and cooked garlic have different medicinal properties, that is, some of the effects of garlic are produced more effectively by ingesting raw garlic, while others are achieved equally or better by ingesting cooked garlic. Several of the benefits of garlic are due to a compound called allicin that acts against numerous viruses and bacteria. However, this substance is not present in garlic but is formed when alliin and allinase, two other substances that are present, combine. This occurs when garlic is cut, crushed, or in the case of garlic supplements, during the digestive process.

Allicin only lasts a few minutes so it is important to ingest the garlic quickly after being cut or crushed. Cooking garlic destroys allicin. However, other compounds such as adenosine and ajoene are released that have anticoagulant properties and help reduce cholesterol levels. Garlic, like so many other complex foods, contains a wide range of phytochemicals that articulate at least 150 different physiological responses in the mammalian body. One explanation is that all foods contain not only physical building blocks, e.g.

carbohydrates, proteins, lipids, and are not only a source of energy (calorie content), but contain genes and epigenetic regulatory information. There are 'packages' of energy and information contained within the conformational state of the biomolecules found within these plant tissues. Our co-evolution with the plant kingdom for the last half billion years has resulted in the very genetic/molecular fabric of our body depending on certain key plant compounds in our diet, delivered in natural form, not irradiated, excessively cooked, petrochemically cultured.

Posted On 02/10/2024

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## Guillermou

These are its main properties: a) Antimicrobial. Garlic has antimicrobial properties and has an important fungicide effect against a wide variety of viruses, bacteria, fungi such as Candida and parasites. b) Immunostimulant and cell protector. Garlic has a cellular protective capacity for people who consume a greater than average amount of garlic. c) Cardiovascular protector. Garlic offers many benefits to the cardiovascular system due to its compounds such as allicin and ajoenes. d) Hypoglycemic. Certain sulfur compounds in garlic help reduce the destruction of insulin in the liver. e) Anti-inflammatory. Certain sulfur compounds in this plant, along with their antioxidant properties, have inhibiting properties of inflammatory compounds. [www.frontiersin.org/.../full](http://www.frontiersin.org/.../full) .----- 691  
ABSTRACTS WITH GARLIC RESEARCH [greenmedinfo.com/.../garlic](http://greenmedinfo.com/.../garlic)

Posted On 02/10/2024

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## Joy8965

Im looking for a great Hydrogen water machine. Any recommendations here? Tablets for the convenience over purchasing machine? tyvm Nancy

Posted On 02/09/2024

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## bpm4539

I take Dr M's H2 tablets. One tablet in one 8-oz glass bottle in early morning. Wait until it dissolves (takes 60 to 90 sec) and drink in one gulp. Easy peasy.

Posted On 02/09/2024

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