

## stanleybecker

some other factors leading to high blood pressure should include "white coat terror" - this observed relationship between doctor and patient creates a cortisol rush that squeezes the circulatory function into a "fight or flight" sympathetic reaction - this frequently noted event belies the often stated respect and admiration that would be patients claim to have for their Medical Deities [MDs] - "I'm in good hands" or "I have a terrific doctor" - then why the "white coat subconscious terror?" - the ego is contradicting the psyche -

Dr Joseph Lister in many ways the founder of Modern Medicine and a pioneer in sanitary protocols and hygiene - was quoted as saying that "I will not allow vexatious people to cause my demise" or words to that effect - Dr Lister a doctor who can rightfully claim to have saved millions of lives was referring to "anger" and "vexation" as probable causes of high blood pressure - so "white coat terror" is more threatening than hypertension - as it leads to hypertension in itself - avoidance is the essence of all preventive strategies in Medicine since Hippocrates - so avoid "white coat terror" by avoiding your doctor - exercise and diet will not cause "white coat terror"

Posted On 11/29/2017

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## stanleybecker

hi there - "gut feeling" is a symbol of certainty - dysbiosis - even constipation has a metaphorical equivalent - to be "full of i"t - this is also related to the gut

Posted On 11/29/2017

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## gaetane0

Hello...I can testify that My blood pressure has been at 145-150 for 3-4 years. I began taking probiotics 6 months ago and my blood pressure now is normal at 129. I am totally convinced that probiotics are great for my health! I'm 72 years young, have 2 Cleaning jobs to keep active and I take no medications, Thank God!

I love Dr Mercola and all that great information you share with us. Thank you so much and God bless you!

Posted On 11/29/2017

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## Krofter

Just yesterday I made a comment about how salt prevents bad microbial cultures from gaining a foothold in fermented foods like sauerkraut and miso, and that salt can play a similar role in our guts. I make fermented foods and drink raw milk from my goats, both of which are loaded with probiotics. My mid day smoothie has raw goat milk as its base, to which I add a teaspoon of salt (along with some greens, 2 tbl's of goat butter and half a lime). In keeping with the "as above, so below" theory, I use lots of salt on my foods. I've never had an issue with BP. Anyone with SIBO should consider following a similar protocol. It may take some time to knock down the bad cultures and revive the good ones, but if done properly (gotta nix all carbs for a while), it will.

Posted On 11/29/2017

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## stardustonthesage

@ Lollime: how in the world can inulin be bad - it's a simple type of fiber. ??

Posted On 11/30/2017

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Low-grade inflammation is the cornerstone of many chronic diseases. This type of inflammation increases with age, being common in elderly people, and is known to be a risk factor for cardiovascular diseases (CVD). Higher plasma levels of proinflammatory mediators, such as TNF, IL1, and IL6, are frequently found in these cardiovascular conditions. Inflammation is often related to increased intestinal permeability, with elevated intestinal translocation of proinflammatory mediators of bacterial origin, such as LPS liposaccharides. A higher cumulative incidence of CVD was previously observed with higher serum levels of LPS-binding protein.

LPS and other components of the bacterial cell membrane are recognized by several receptors on endothelial cells. LPS binding directly induces adhesion molecules, such as ICAM-1 and P-selectin on endothelial cells, which are important for interactions with leukocytes. Probiotics have been shown to have a positive impact on cardiovascular health. An imbalance in the presence of Firmicutes and Bacteroidetes has been linked to the progression of CVD due to its impact on bile acid and cholesterol metabolism.

Probiotics mainly help reduce plasma levels of low-density lipoproteins and attenuate pro-inflammatory markers. These beneficial microorganisms help reduce cholesterol levels and produce short-chain essential fatty acids. The impact of lipid-regulating probiotic strains on human health is quite significant. The data mentioned above highlight the potential role of the gut microbiota in controlling intestinal permeability and endotoxemia and, therefore, the development of chronic low-grade inflammation and the risk of CVD.

Posted On 07/10/2024

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## Guillermou

These findings explain why there is growing interest in developing intervention strategies targeting the microbiota to achieve downregulation of low-grade inflammation as a way to prevent CVD. Therefore, foods and ingredients, such as probiotics and prebiotics, represent promising tools for dietary management of CVD risk. In particular, dysbiosis is directly associated with many CVD risk factors in the host, such as diabetes. Previous research has shown a strong correlation between dysbiosis and the development of CVD. Probiotics, prebiotics and synbiotics are considered important regulators of microbiota imbalances, as they increase the colonization of beneficial bacteria and therefore alter the gut microbiota.----- [www.mdpi.com/.../1172](http://www.mdpi.com/.../1172) (2021).--  
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[link.springer.com/referenceworkentry/10.1007/978-981-99-5575-6\\_6](http://link.springer.com/referenceworkentry/10.1007/978-981-99-5575-6_6) (2024).--  
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Posted On 07/10/2024

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## Catryna

What can we do if our blood pressure is too low?

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## Formaggio

I take a daily probiotic from Life Extension and it hasn't lowered my blood pressure. I also take a natto supplement and it too doesn't lower my BP. I'm now taking black garlic powder and started drinking 2 cups daily of hibiscus tea.

Posted On 07/10/2024

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## **brianjstiles**

You're on the right course, Formaggio...I have taken a weekday probiotic & a natto supplement (both rested at w'ends) for years in addition to a daily cup of organic Hibiscus tea for over 20 years...I read that the latter is beneficial for prostate health...Fortunately I have always had blood pressure in the lower range all my life anyway...Wishing you the Best of Natural Health & Healing - Brian (U/k)

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## **juststeve**

If salt, real salt with a solid mineral profile, were such a poisonous substance how are we even here. When settlers seeking to set up a new settlement along with a good water source a good salt source was prized just as much if not more. In some ancient cultures, salt was part of their paycheck. Salt was used for longer storage, and of course for many beloved fermented foods. We are to believe the Circle of Life is dumb and doesn't provide chemicals that conveniently feed an industrial, business profit driven feed the cause, dampen the symptoms model.

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## **sue2613**

So many of our modern words came from salt, or sal, such as salary.

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**ela3783**

A lady once told me that when her BP shoot's up she takes a pinch or two of Potassium chloride in water which works for her. Cayenne pepper being rich in potassium also might balance out that extra sodium. It does taste wise. One subculture in India does this trick of adding red chilli powder to balance the extra salt in foods and vice versa. Me thinks it just might be the Na-K balancing at molecular levels that affects the taste as well

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