

High Blood Pressure (Hypertension)

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Blood pressure is the measurement of the force of the blood on the arteries as the heart pushes the blood through the body. High blood pressure is when there is too much pressure, which can lead to heart and kidney problems.

Cayenne (capsicum, Chamomile, Fennel, Hawthorn Berries, Parsley, and Rosemary-Internal Purposes: These six herbs are all beneficial for treating high blood pressure. **Caution** : Do not use Chamomile for extended periods of time and if allergic to ragweed, do not use at all.

Hops and Valerian root- Internal Purposes: These two herbs contain flavonoids that act as natural sedatives and stimulates the brain to produce endorphins, that calm the nerves.

Suma Tea- Internal Purposes: Drinking 3 cups of Suma Tea can be beneficial in treatments of blood pressure.

Ephedra (ma huang) and Licorice- N/A Purposes: DO NOT USE THESE HERBS as they may elevate blood pressure.