

# HYPERTENSION & ATHEROSCLEROSIS

## AVAILABLE STANDARD PROCESS SUPPLEMENTS:

<input type="checkbox"/>	Cardioplus	240 Tablets	2 Tablets, 3 x p/day with meals
<input type="checkbox"/>	Omega 3 Fish Oil	120 Perles	2 Perles, 2 x p/day with meals
<input type="checkbox"/>	Soybean Lecithin	330 Perles	1 Perle, 3 x p/day with meals

\* Avoid coffee, alcohol and tobacco

### Food That Remove Arterial Fat & Cholesterol

#### LEGUMES

Very effective: Mung and soybeans, and their sprouts.  
Most other legumes such as peas, beans, and lentils

#### GRAINS (in their *WHOLE grain form*)

Whole grains, esp. rye, steelcut oats, and amaranth;  
also rice, sprouted wheat, and buckwheat.

#### VEGETABLES & FRUITS

**Pungent foods:** radish, horseradish,  
[hot peppers, and the onion family (garlic, onion, leek,  
scallion, shallot, chive)] – but avoid these if heat signs  
are present

**Leafy greens:** cabbage, spinach, carrot greens, mint  
leaf, kale, wheat and barley greens, broccoli, parsley.  
Asparagus, bell pepper, tomato, citrus, celery,  
bananas, persimmon, seaweed, cucumber, mushrooms

#### NUTS & SEEDS

Almond, hazelnut, flaxseed, pumpkin seeds (lightly  
roasted to remove surface E. coli), walnut, sunflower  
sprouts; but to be avoided if gallbladder problems and  
digestive weakness present

#### ANIMAL PRODUCTS

**Fish:** Sardines, salmon, mackerel, and other  
deep/cold-water fish.  
Raw honey & bee pollen

#### BITTER FOODS:

Alfalfa, bitter melon, romaine lettuce, rye, citrus peel,  
radish leaf, scallions, turnip, white pepper, amaranth,  
asparagus, celery, lettuce, papaya, quinoa, vinegar,  
**Teas:** chamomile, valerian, Echinacea, dandelion.

### Nutritional Features

**Lecithin:** found in all legumes, but especially both  
yellow and black soybeans

**Vitamin C:** abundant in legumes and sprouts

**Vitamin E:** rich in soybeans and all bean sprouts

**Niacin (B3):** Legumes and their sprouts

**Omega-3 Oil:** in soybeans

**Niacin:** in all grains, esp brown rice

**Vitamin E:** in all grains, esp sprouted wheat.

**Rutin:** in buckwheat (strengthens arterial walls)

**Vitamin E & Omega-3 Oil:** present in green  
leafy vegetables (esp dark outer leaves), cabbage,  
asparagus, cucumbers.

**Vitamin C:** onion family, spinach, asparagus,  
citrus, celery

**Vitamin E:** in all nuts and seeds, esp almonds &  
hazelnuts

**Omega-3 Oil:** esp flaxseeds, walnuts, pumpkins  
seeds

**Lecithin:** esp sunflower sprouts.

**Omega-3 Oil:** All fish mentioned. Raw honey is  
the only sweetener that reduces fatty  
accumulations in the vascular system

**Bitter foods:** cleanse arteries of damp mucoid  
deposits of cholesterol and fats, tending to lower  
blood pressure. Celery is esp good for this  
purpose. **\*\*Bitter clears heat-type HBP**  
**\*\*Use bitter foods more in Fall and Winter.**

Reference: "Healing with Whole Foods" – Paul Pitchford

The materials and content contained on this form are for general holistic nutrition information only to help support and enhance the body's own healing properties and are not intended to be a substitute for professional medical advice, diagnosis or treatment for any medical condition. You should not rely exclusively on information provided on this or any other nutritional guidelines for your health needs. All specific medical questions should be presented to the appropriate medical health care provider.