**HYPERTENSION & ATHEROSCLEROSIS**

**AVAILABLE STANDARD PROCESS SUPPLEMENTS:**
- Cardioplus 240 Tablets 2 Tablets, 3 x p/day with meals
- Omega 3 Fish Oil 120 Perles 2 Perles, 2 x p/day with meals
- 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

**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

**GRAINS (in their **WHOLE** grain form)**
Whole grains, esp. rye, steelcut oats, and amaranth;
also rice, sprouted wheat, and buckwheat.

**Nutritional Features**
- Niacin: in all grains, esp brown rice
- Vitamin E: in all grains, esp sprouted wheat.
- Rutin: in buckwheat (strengthens arterial walls)

**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

**Nutritional Features**
- 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

**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 ☐

**Nutritional Features**
- Vitamin E: in all nuts and seeds, esp almonds & hazelnuts
- Omega-3 Oil: esp flaxseeds, walnuts, pumpkins seeds
- Lecithin: esp sunflower sprouts.

**ANIMAL PRODUCTS**

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

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

**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**
- 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.