

Linden images in Herb Research CD#3, under **Tilia**

Rational Cardiovascular Management with Herbs

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1. Essential Hypertension—In anabolic-dominant individuals

(Characterized by oily skin, elevated serum cholesterol and triglycerides, symptoms of aldosterone-induced sodium retention but no direct hypertensive reaction to sodium intake; women in reproductive years with cycles usually shorter than 28 days)

Diuretics: if systolic is 160 or lower: *Taraxacum* (Dandelion) root or *Arctium* (Burdock) root, either Fluidextract, 2 X a day (either or combined) or a decoction of 1/2 ounce of the dried root (either or combined) in 32 ounces water, consumed in 2 or 3 portions during the day. *Cichorium* (Chicory) root is also usable as a decoction, but is a less than effective Fluidextract. Green Tea (Bancha or better) is sometimes an effective sodium-leaching diuretic, as long as the xanthine alkaloid content (theophyllin and caffeine) itself does not cause nervousness or elevated bp.

If systolic is above 160 or 165, herbs alone are not usually adequate to decrease blood and interstitial fluid volume...the elevated pressure generally negates any ability of the several roots to lower the nephron's filtration uptake of sodium or the green tea to increase diuresis. The most conservative medical approach would be 12.5 mg. of hydrochlorothiazide once a day for a few weeks until systolic is reduced to 155, at which point the herbs should be able to take over the process.

Decreasing Blood viscosity

Visualize 40 wt motor oil or cold honey. You need to increase the blood charge, improve the quality of blood chylomicrons, and lessen the pressure needed (both back on the heart and sideways on the arteries) to push blood through the periphery. You need to "thin" the blood to 20 wt motor oil or *warm* honey.

(A) You need to increase both the repelling charge of red blood cells so they don't clump or tend to aggregate, and the repelling charge of the blood vessel walls so that blood regains better fluid mechanics (and doesn't tend to stick to itself or blood vessels)

Ceanothus (Red Root) root bark, preferably as a tincture, 30 drops in water, 3 X a day. "Hcl and pepsin" type tablets work for short-term use but have no sustained or lasting effect. Increasing dietary intake of citrus juice, vinegar and other non-nitrogenous natural acidulous foods is also helpful, as are the dietary supplements Vit. E (usually 800 i.u. a day), ascorbic acid (1000 mg a day, minimum), and that old standby, an aspirin every day or two.

(B) You need to decrease the effect excess blood lipids have on diminishing the blood charge...its "sludge" factor. To do this you need to lower cholesterol and triglyceride levels (usually a slow process) and improve the efficiency of fat digestion.

Herbally, *Taraxacum*, *Arctium*, the Araliaceae (*Panax*, *Eleutherococcus*, most *Aralias*), *Allium* (Garlic) 1-2 fresh cloves a day, and *Curcuma* (Turmeric) all help a bit.

Supplements are more important, particularly Niacin (2-3 grams a day). This will cause you to sunburn from inside out, so use inositol hexaniacinimide instead..."no flush" niacin. Whole Turmeric is rather heating in large enough quantities to truly help, so a gram a day of refined 95% curcumin is usually preferable. *Coleus forskohlii* preparations help slow and strengthen the pulse (contra: beta blockers). Improving fat digestion is a bit more complex;

Try a simple bitter before each meal

Always eat something for breakfast (if only a salad)

Avoid heroic consumption of fats at one sitting.

Avoid large amounts of butterfat together with spicy foods.

Avoid major fat or lipid intake in the evening.

(C) Lessen stress. Every moment of anger or frustration or excess self-manipulation, in the anabolic-stress person, elevates cortisol and adrenalin (or at least increases adrenergic dominance) with accompanying cholesterol, triglyceride and glucose elevations, increased platelet

aggregation and increased arterial tone. This makes the blood viscous all over again.

Herbally, *Passiflora* (Passion Flower), *Pedicularis* (any species), *Melissa* (Lemon Balm), *Nepeta* (Catnip), or simply *Matricaria* (Chamomile) are usually the “coolers” of choice. Others, such as Valerian, Hops, Kava and Vervain tend to have strong secondary stimulus to either cardiovascular, intestinal tract or liver function and are usually contraindicated in the anabolic stress person.

2. Hypertension—In catabolic-dominant individuals

(Characterized by dry skin, hypertensive “flairs”, tachycardia under stress, and increased blood pressure after salt consumption...salt reactors)

(A) Avoid salt (duh!...still had to say it). Use lots of spices instead...get a collection of spice jars on the table, throw out the salt, and avoid snack foods as if the very plague. Roast your own nuts, bake your own chips (potato, corn, whatever), carry them around, all spiced (not salted) and become a ritual salt avoider. It's not so important to check the sodium on every label...a single snack of Fritos or Planters will blow it all.

(B) Keep around a supply of herbs that calm you down when you get agitated. SJW (*Hypericum*) works for a few, *Pulsatilla* (fresh herb tincture) may help in the evening (5-10 drops, usually), *Avena sativa* or *A. fatua* (Oats) tincture, made from the fresh immature seeds (when milky with starch latex) is useful (10-15 drops as needed)....and **particularly** *Lobelia* fresh herb tincture (3-10 drops).

The trick here is to begin to get sensitive to the “adrenalin” rushes, and back them down with a quiet moment and the herb that works best. Until the catabolic hypertensive starts to “get in touch” with how often they get pissed off or upset, how often their pulse increases and their epinephrine flows, it is almost impossible to deregulate habits. The herbs help for the *specific occasion*, but only self-awareness can cure.

(C) Use generous mineral supplements. Start with Magnesium—at least 500 mg a day—more if you live a major city, the American South or use a quality water filter. Calcium and phosphorus supplements may be needed but vegetable juices (except hyperglycemic carrot juice), dehydrated greens or “superfoods” are better sources. Avoid any specialized food

supplements that give you a rush. Spirulina or blue-green algae or wheat grass are reasonable mineral sources, but if they make you happy, giddy and speedy they will just aggravate the whole process of adrenalin and blood-sugar spiking that is part of the problem. *Coleus forskohlii* helps stabilize both blood sugar and BP spikes.

3. Hypertension or tachycardia in Thyroid-stress Individuals.

(Characterized by rapid pulse, easy perspiration, loose stools)

(A) *Lycopus* (Bugleweed) or *Leonurus* (Motherwort) tincture—at least 60 drops a day of either or both, with *Lycopus* being the most likely to work.

(B) Use the root diuretics of anabolic stress and the calmers of adrenalin stress.

————— Remember: Hypertension or tachycardia as described here are functional imbalances only. I am not talking about cardiovascular disease, rather the stresses and imbalances that usually precede overt disease. High Blood Pressure is a **necessary accommodation** and should not, if possible, be directly suppressed just for the sake of cuff readings. One needs to change the NEED for high blood pressure.