

Hypertension and Vascular Health (part 2)



Peter J. Muran, MD

Last month's article, "Hypertension and Vascular Health" drew much attention. I encountered new patients with hypertensive problems that were unsatisfied with their current

medical regime, some of which were to the point where they even stopped taking their medications. The abrupt stopping of anti-hypertensive medications could be dangerous and possibly lead to hospitalization, but if you are unsatisfied with your current hypertensive medication, feeling tired or dragged down by your medication, or simply do not feel the same as you did prior to the medication, there is hope for you. Whatever action you take, please use the guidance of a medical practitioner who is knowledgeable in managing hypertension.

The following information on hypertension is derived from the 1998 Noble Prize awarded to three Americans, Bob Furchgott, Lou Ignarro, and Ferid Murad, for their discoveries concerning "nitric oxide as a signaling molecule in the cardiovascular system". This article also reflects the numerous research papers and the specific views of Drs Mark Houston and John Cooke. Mark Houston, MD, FACP, FAHA is a Clinical Professor of Medicine

at Vanderbilt University School of Medicine, Director of the Hypertension Institute and Vascular Biology, and a international speaker as a Specialist in Clinical Hypertension. John P. Cooke, MD, PhD, is a Clinical Professor and Researcher at Stanford University. Dr. Cooke has studied and published extensive articles on the cause and cure of hypertension. In other words, this is the most recent information on vascular health and well being. It will take approximately five years for this information to fully disseminate to the public, but it does not have to take that long for the practical usage of this information.

As I pointed out in last's month's article , hypertension is caused by the contraction of the arterial walls, which increases blood pressure. The reason the arterial walls contract is because the blood is carrying some form of inflammatory agent that is causing an irritation of the inner lining of the arterial walls. On the surface of this inner lining the healthy cells produce a chemical that neutralizes the harmful agents. That chemical is nitric oxide. The lining of the arterial walls is often not able to produce sufficient quantities of nitric oxide and thus succumbs to the continued exposure of harmful elements, eventually going through a disease

process that leads to arteriosclerosis and plaque formation. It is the arteriosclerosis and plaque formation that leads to heart attacks and strokes. Using the same principles in reverse, one would expect the ability to lower blood pressure and ultimately reduce plaque formation. Recent research investigation has shown this to be the case.

We're on TV ...

The Longevity Healthcare Hour

Thursday, March 13, 11:30AM

Leisure World, Cable TV6

Dr. Muran's guest:

Barbara Klein-Robuck, RN

& Char Dahlberg, RN

This Month's Topic:

Holistic Approach to
Recapturing Youthful Energy

Water... Essential for Weight Loss

Eight Glasses a Day Keeps the Fat Away

Sandy Dunn, MPA, CMT, CCH - Wellspring

Everyone is looking for the magic potion for weight loss and it may be hiding right there in your kitchen...water. As incredible as it may seem, water is quite possibly the single most important catalyst in losing weight and keeping it off.

- **Water** suppresses the appetite naturally and helps the body metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase while an increase in water intake can actually reduce fat deposits.
- The kidneys cannot function properly without enough water. When they don't work to capacity, some of their load is dumped onto the liver. One of the liver's major functions is to metabolize stored fat into usable energy for the body. But if the liver has to do some of the kidney's work, it cannot operate at full capacity. As a result, it metabolizes less fat; more fat remains stored in the body and weight loss stops.
- **Drinking enough water** is the best treatment for fluid retention. When the body gets less water, it perceives this as a threat to survival and begins to hold on to every drop. Water is stored between the cells. This shows up in swollen feet, legs and hands.
- **Diuretics** offer a temporary solution at best. They force out stored water along with some essential nutrients. Again the body perceives a threat and will replace the lost water at the first opportunity. The condition quickly returns and water is retained.
- The best way to overcome the problem of water retention is to give your body what it needs... plenty of water. Only then will stored water be released.
- The overweight person needs more water than the thin one. The larger the person, the larger the metabolic load. Since we know that water

is the key to fat metabolism, it follows that the over weight person needs more water.

- **Water** helps maintain proper muscle tone by giving the muscles their natural ability to contract and by preventing dehydration. Water also helps to prevent sagging skin that usually follows weight loss...shrinking cells are buoyed by water. Water plumps the skin and leaves it clear, healthy and resilient.
- **Water** rids the body of waste. During weight loss, the body has more waste to get rid of. Adequate water helps flush the waste.
- **Water** can help relieve constipation. When the body gets too little water, it siphons what it needs from internal sources. The colon is one primary source and the result is constipation. Drinking enough water will usually restore normal bowel function.

Water accounts for 75% of our body's composition. Drinking enough water is essential to keeping your body fluids in balance for optimal function.

Next Month: Good Sources for Good Water

Leisure World Nutrition Club

March Meeting

Presentation:

Healthy Heart..Healthy Brain..Naturally

Monday, March 17, 1:30 to 3:00pm

Club House 3, Dining Room 2

Speaker: Peter J. Muran, MD

Hypertension and Vascular Health

Continued from p.1

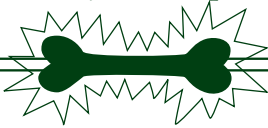
Now, for the practical points of view, what can one do to reduce hypertension and improve vascular health? First reduce the cause of the inflammatory reaction on the artery's wall and follow the C-Reactive Protein values to show this reduction in inflammation. Secondly, increase the amount of nitric oxide produced at the intracellular level of the surface of the inner arterial wall. It is that simple. The first part was discussed in last month's issue. It is the second part, increasing the nitric oxide production, which needs to be expanded.

The main supplement that markedly increases nitric oxide formation at the cellular level is the amino acid L-Arginine. This has been repeatedly documented in research study and even the most resistant patients do eventually respond to supplemental treatment. This does not mean that L-Arginine is some kind of magic pill. Hypertension is a syndrome containing a whole group of sub-maladies that begin to express themselves as high blood pressure. It is through the culminating effects of proper nutrition, a positive mental attitude and exercise that lead to health. It is for this reason that, in addition to L-Arginine, diet and other nutritional supplements are considered. For example, four celery stocks per day will also help

to reduce high blood pressure.

Weight loss also has a direct effect on blood pressure and overall energy. Although dietary means to weight loss can be overwhelming, there are diet programs that have a reduced cost and at the same time make a person feel full and nourished after eating what would be considered an average size meal. Weight loss has a direct effect on blood pressure and overall energy. As we get older the production of hormones are reduced. The balance of hormone levels can also be adjusted to increase your body's performance. Remember the idea is to increase energy and strengthen the body both physically and mentally. The best way to increase energy and strength is through a proper diet, nutritional supplements, and exercise. There is such a significant number of dietary and supplemental remedies that limited space of this article do not permit the details.

In closing, it has come to my attention that there are many patients who are taking a lot of medications and are feeling worse than when they were taking less. A major error in management of hypertension has been the chasing of the numbers and not the whole treatment of the patient. A person is not going to feel quite right to direct himself to proper health through exercise, attitude, and diet if he or she is loaded up with medications. At the Longevity Healthcare Center, we look at the entire person, make adjustments according to the patient's needs, and include dietary and supplement instructions that will increase the body's efficiency.



Bone Density Testing

Friday, March 21

10:30am to noon

Longevity Healthcare Center

23521 Paseo de Valencia, Suite 204

Call for an Appointment: 949-472-3717

Peter J. Muran, MD, the Medical Director of Longevity Healthcare Center in Laguna Hills, will be giving a presentation on Cardiovascular and Brain Health on March 17 at 12:00 noon at the Nutrition Club in Leisure World.

Is Chelation Therapy Right for You?



Heart Disease? Poor Circulation? Diabetes?

Free Educational Seminar

Presented by: Peter J. Muran, MD



Thursday, March 20
10:30am until Noon
For Reservations, Call 949-472-3717

23521 Paseo de Valencia, Suite 204
(Taj Mahal Building) Laguna Hills
Across from Mother's Market

Limited Seating

We're On TV

Holistic Nursing Approach to Recapturing Youthful Energy

Dr. Muran's guests are Barbara Klein-Robuck, RN and Char Dahlberg, RN. Both guests are members of the American Holistic Nursing Association and bring a whole-person philosophy to nursing care. Join us to hear about their approach to restoring energy to your life. Thursday, March 13, 11:30am, Leisure World TV 6.



23521 Paseo de Valencia
Suite 204
Laguna Hills, CA 92653

www.alternativemedicinehealthcare.com