

Summary Page: Therapeutic Considerations With Hypertension

Dr. Vasquez book on Hypertension

<http://www.amazon.com/Integrative-Medicine-Functional-Chronic-Hypertension/dp/1451515715>

Five-Part Foundational Protocol:

- 1) Lifestyle: Supplemented Paleo-Mediterranean Diet, exercise, weight optimization, healthy relationships, social involvement, “achievement of meaning in life by the pursuit and realization of values” See Lorain Cordain’s Paleo-Lithic Diet for a sample
- 2) Multivitamin/multimineral:
 - a. *ProMultiplus 2 tid*
- 3) Balanced fatty acid supplementation:
 - a. *OptimalEFA’s 2 tid*
- 4) Physiologic dosing of vitamin D3 at 3,000-10,000 IU per day:
 - a. *Bio-D Mulsion 1 drop is 2,000 units of emulsified Vitamin D, thus 2-5 drops per day, measure 25 hydroxy vitamin D levels to determine optimal values 50-75 ng/mL)*
- 5) Probiotics:
 - a. *BioDoph-7 plus 3at bed for 30 days then 1 per day*

Diabetes, metabolic syndrome and or Insulin resistance is a common component in hypertension*:

1. 5-part protocol as above: emphasize low-carb, exercise, weight optimization, and vitamin D3
2. Consider adding the following:
 - a. CoQ10: antihypertension*, renoprotection, antioxidant
 - i. *Co Qzyme 30 ...each 30mg tablet has approx 3X absorption use 2 tid for 60 days then 1 tid as maintenance*
 - b. Chromium: up to 1,000 mcg daily
 - i. *Cr-zyme 200 mcg of organically bound Chromium use 5 tablets per day*
 - c. Antimicrobials to address bacterial overgrowth (if appropriate):
 - i. *ADP emulsified oregano 5 tablets tid for 2 weeks then 3 tablets tid for 2 weeks always replace healthy bacteria after 2 weeks of treatment see above*
 - d. For peripheral neuropathy (if appropriate): GLA and lipoic acid
 - i. *GLA-Black Current Seed oil 2 tid*
 - ii. *Lipoic Acid- Lipoic Acid (100 mg capsules) 2 tid for 60 days then 1 tid*

Additional Factors to Consider

- 1) Screen for heavy metals. Dr’s Data 800-323-2784
- 2) Look for Food Allergies and or sensitivities...finger prick test is used by US Bio-Tek 96 foods testing both IGA and IGG for \$201.00
- 3) Magnesium to bowel tolerance. Aqua Mag-CL 2 teaspoons at bedtime and increase one teaspoon every 3 days to bowel tolerance. Due to salty taste tangerine or pear juice is suggested.
- 4) Test for Excess Cortisol if present use ADHS 3-4 tablets bid breakfast and lunch and Bio-CMP 2 tablets three times a day
- 5) If Sodium and or Chloride are **NOT** elevated use Celtic Sea salt liberally.
- 6) If kidney problems are not an issue and patient is overweight limit carbohydrates to 50-60 grams per day until proper weight is established.