

## Dr. Rashidi Nutritional Support Recommendations I

### HYPERTENSION

- DIET:** Should include lots of fresh fruits and vegetables. Garlic and onions help lower BP. Avoid excess salt, sugar, fats, caffeine and alcohol.
- WELLNESS PACK:** Green Magic, Meal in a Glass, Vitabalance 2000, Megapro, New Life 1000, PhytoOptiEnzymes, and Nutricleanse.  
Assures the basic nutritional needs are met, includes green foods, multivitamin and minerals, protein/amino acids, antioxidants, essential fatty acids, enzymes and fiber.
- CARDIOPLEX:** Cardioprotection, prevents buildup of homocysteine that can lead to heart attack, and promotes oral health. Hawthorne strengthens heart muscle and helps control blood pressure. Usual dose 1 twice daily, up to 2 twice daily.
- VASUFLEX:** Essential cardioprotection as it is a rich source of Arginine, Citrulline and Taurine, amino acids important for healthy levels of nitric oxide to relax and repair blood vessel endothelium, which regulates blood pressure and cholesterol plaque build-up.
- BIOAVAIL 265:** Coenzyme Q 10 protects the heart, increases efficiency of tissue oxygen delivery and improves circulation. It also reduces gingivitis, a newly recognized risk factor in heart disease. Usual dose is 1 cap twice daily.
- CALCIUM COMPLEX:** Important for regulating heart rhythm and blood pressure. Also contains selenium, shown to reduce heart attack risk. Usual dosage 2 capsules three times daily, **not** with other meds or food.
- MAG C** 1 –2 twice daily. Contains potassium and magnesium, both important for heart rhythm regularity. Vitamin C is important to keep heart valves healthy, and also important to dental health, where it reduces the risk of low grade infections, which cause inflammation that, promotes clotting problems, leading to stroke and heart attack, two important complications of hypertension.