

Dr. Rashidi Nutritional Support Recommendations II

Natural Help for Hypertension and High Cholesterol

Therapeutic lifestyle changes should be the first line approach to reducing blood pressure, high cholesterol and cardiovascular risk. These include weight loss through following a low glycemic index diet, increased exercise, stress management and relaxation strategies, changing habits such as smoking, excess alcohol or caffeine, and improving the diet through vitamin and mineral supplementation, and by increasing intake of fruits, vegetables, and whole foods while reducing sugar and junk food intake. **Firstline Therapy** is a structured program available at our office to help patients accomplish this.

Before drug therapy, these safe natural over-the-counter treatments (available at our office) can be tried first in most cases, and can also be added in complementary fashion to a drug regimen.

EPA/DHA 6:1 3 CAPS DAILY
CAL-APATITE +MG OR MG GLYCINATE 1 TID
VASOTENSIN 2 TABS TWICE A DAY to lower BP
COQ10 1-2 daily to protect heart, replaces CoQ which is depleted by statins, and improves ejection fraction in CHF.
CHOLAREST SC 2 at bedtime to lower LDL, raise HDL
LIPOTAIN: 1 TO 4 DAILY(limit 1 in DM)(titrate slowly) to lower cholesterol and triglycerides, raise HDL
VESSELCARE 1 DAILY to lower homocysteine
SUPER GARLIC 6000 1 CAP DAILY