

DR. CHRISTOPHER'S Herbal Legacy Newsletter

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HBP 1st Things 1st -David Christopher MH

If you have elevated blood pressure, readings above 120 over 80 (Hypertension is defined at above 140 /90), the first thing you want to do is check your BMI (Body Mass Index). An overweight condition contributes to High Blood Pressure. In essence the body is forced to raise blood pressure to navigate through the extra mass in order to deliver needed nutrients and oxygen to the trillions of cells in your body. We must understand that every cell has its' job to perform and will perform that function for its lifespan, unless it does not receive the required nutrients and oxygen. When denied these nutrients the cells perform below capacity and start to atrophy. Prior to death the cells send out a distress signal which is detected by the Central Nervous System. In a lifesaving reaction, the CNS sends a signal to the circulatory system to raise blood pressure to force the nutrient rich blood out to those cells that are dying. It is counterproductive to take a drug to artificially lower blood pressure because by doing so, you rob the cells of the needed nutrients and they die. So if you want to save those heart cells, kidney cells, vascular cells, etc. stay away from High Blood Pressure medication. High blood pressure is not an ideal situation but we need to get back to the cause and resolve that condition so the body can deliver, without increased force, the essential nutrients to the cells.

Everyone can reduce this excess weight by changing their diet and exercising. A good diet is simple, eat lots of fresh produce and stay away from processed food. Exercise only requires 30 minutes a day of aerobic exercise (brisk walking, dancing, jumping on a trampoline, swimming etc.) and an additional 30 minutes of resistance exercise (i.e. pushups, sit ups, weight lifting etc.) 3-4 times a week. A good aid to the pre-ceding is to do Dr. Christopher's extended herbal cleanse as explained in the booklet Dr. Christopher's Three Day Cleanse and Mucusless Diet.

We have included a BMI chart below for your convenience. I know it is not a perfect indicator but it will give you a clue as to if you are in a weight category that would contribute to elevated blood pressure.

David Christopher is a Master Herbalist and the director of The School of Natural Healing. He also co-hosts the popular radio show "A Healthier You" and is a popular international teacher and lecturer.

Condensed BMI Chart

Weight (pounds)

	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'10"	21	23	25	27	29	31	33	26	28	40	42	44	46	48	50	52
5'0"	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'2"	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'4"	17	19	21	22	24	26	27	29	31	33	34	36	38	39	41	43
5'6"	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'8"	15	17	18	20	21	23	24	26	27	29	30	32	33	35	36	38
5'10"	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36
6'0"	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'2"	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32
6'4"	12	13	15	16	17	18	19	21	22	23	24	26	27	28	29	30

-Underweight
 -Normal weight
 -Overweight
 -Obese