

Build Better Health

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When I was a little girl, my favorite activity was pulling out a small green suitcase that used to belong to my grandparents. It had special locks that I learned how to use, and after clicking them open, it unlocked a suitcase full of building blocks. I would build houses, bedrooms, cities, and stores for my little dolls. My mind was limitless, and I found immense joy in building and creating worlds of my own.

I still have that very suitcase. The blocks have found a new home, but now I lovingly store all my seeds for gardening in the suitcase. It continues to be a place of building and growing. As I open the suitcase in my middle years I think, “What shall I “build” today? Sprouts, plants?”

We are taught what to eat by our culture and upbringing. Some of these habits are healthier than others. Eating excessive animal products, sugar or salt laden baked goods, fast foods, stimulants, sodas, and overly processed foods tantalize our taste buds and our mind, yet do not sufficiently supply the body with the necessary nutrients. One might think, does it really matter what I put into my “gas tank,” if it gives me energy? Even a mechanic would say, “Yes it matters!” But we are far more intricate and valuable than any sports car. The very “fuel” we feed our body, is broken down into, not just energy, but building blocks for maintaining proper function of all the systems of our body, which include vitamins, minerals, phytochemicals, enzymes, and more. We reap what we sow, both in our diet, lifestyle, and emotional patterns. We also carry with us hereditary challenges and other handicaps. Giving our body our best efforts will make life’s journey more easy and pleasant.

I have met many people who have taken calcium channel blockers prescribed by their doctors. These medications block calcium absorption into the cells of your heart. Calcium is one of the main macro-minerals our body needs in substantial amounts. Calcium naturally absorbs into your heart's cells, signaling it to pump the heart to increase or decrease blood pressure. Taking a calcium channel blocker prevents calcium from entering these cells, which relaxes the blood vessels and causes reduced blood pressure and/or chest pain. 1 While this outcome gives relief, it is a mere band aid over a “gaping wound.” Why would the body send a signal to increase blood pressure? One main reason is to increase the amount of oxygen and nutrients needed, to the heart and circulatory system to be delivered to the rest of the body. If there are not enough oxygen and nutrients readily available, the body increases blood pressure to get as many nutrients as possible with every heartbeat. This is a similar action as turning up the hose pressure for our lawn.

Herbs that nourish and support the cardiovascular/circulatory system include:

Hawthorne – a cardiac tonic, rich in flavonoids, antioxidants, and other constituents.²

Cayenne – helps to equalize blood pressure, rich in vitamin E and C.²

Garlic – helps improve circulation, emulsifies cholesterol, and rich in organic sulfur. ²

Motherwort – soothes the nervous system, cardiac tonic, helps calm the heart. ³

As we begin to recognize what the body is doing, make needful changes to our diet, and provide the nutrients needed, we will help the heart and circulatory system not have to work so hard, which will naturally reduce blood pressure.

Build better health by listening to your body, feeding it nutrient dense foods and herbs!

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References

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