Dr. Rath Research Institute
CUTTING-EDGE RESEARCH IN NATURAL HEALTH

Cellular Nutrients in High Blood Pressure

Cellular Health Communications, Vol 1, No. 1. 2001

Worldwide, high blood pressure has reached pandemic levels. Conventional diagnosis essential hypertension implies that the cause of high blood pressure is unknown. However, according to our breakthrough understanding the underlying cause of high blood pressure is a "spasm" of the blood vessel wall triggered by a deficiency of specific bioenergy nutrients in millions of cells in the blood vessel wall.

We conducted a pilot clinical trial by supplying a specific combination of micronutrients to adults clinically diagnosed with hypertension and monitored them over a six-month period. The average systolic blood pressure at the beginning of the study was 165 mm of Hg, while the average diastolic blood pressure was 98 mm of Hg. These blood pressure readings were high despite the patients' prescription medications.

At the end of the study period, more than 70% of the participants had clearly improved. The average systolic blood pressure reading had dropped by 16% to 138 mm of Hg, and the average diastolic blood pressure reading dropped by 15% to 83 mm of Hg.

Moreover, the cellular nutrient program helped to normalize blood pressure without causing a blood pressure situation with readings being too low. This is another advantage of nutrients over conventional medicine, where overdosing frequently leads to decreased blood circulation, dizziness, and many other health problems.