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## **BLOOD PRESSURE**

### **Cardiovascular Health and Function**

Promoting healthy function within the various cells and tissues of the cardiovascular system helps ensure proper removal of cellular debris and adequate perfusion and oxygenation of tissues. Healthy heart tissues support blood flow and oxygen delivery while healthy vascular structures are essential for the critical delivery of nutrients and biochemical compounds to bodily tissues.

We can support healthy blood pressure regulation by recommending a balanced diet rich in cardio-supportive nutrients, encouraging smoking cessation and alcohol moderation, educating on stress-reduction and sleep hygiene practices, addressing any underlying infections, and incorporating targeted dietary and herbal supplements.

### **Supportive Lifestyle Practices**

- Recommend patients participate in at least 150 minutes of moderate exercise per week as physical activity has been shown to reduce both systolic and diastolic blood pressure over time.<sup>8</sup>
- Limiting stress through mindfulness, healthy sleep patterns, and self-awareness can help lower systolic blood pressure.<sup>9</sup>
- Yoga has also been found to have a significant effect on lowering both systolic and diastolic blood pressure.<sup>10</sup>

### **Whole Foods Nutritional Recommendations**

- Recommend consumption of foods rich in magnesium such as buckwheat, kale, Swiss chard, spinach, sweet potato, pumpkin seeds, almonds, and lentils. Higher intake of dietary magnesium is associated with supporting healthy systolic, diastolic, and overall blood pressure already in a healthy range.<sup>1,2</sup>
- Encourage patients to consider incorporating foods that increase nitric oxide (NO) production in the body such as beetroot.<sup>3,4</sup>
- Ensure patients consume foods high in arginine and quercetin. These nutrients possess vasorelaxant properties and are associated with healthy blood pressure levels when consumed.<sup>5,6</sup>

- Increase daily consumption of foods replete in omega-3 fatty acids, namely eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). EPA and DHA display positive effects on blood pressure regulation and modulation of systolic and diastolic pressure.<sup>7</sup> Optimal sources include cold-water fatty fish such as salmon, mackerel, sardines, and tuna.

## Supplementation Support Recommendations

<https://drstephenstokes.standardprocess.com/products/olprima-epa-dha>

<https://drstephenstokes.standardprocess.com/products/cardio-plus>

<https://drstephenstokes.standardprocess.com/products/garlic-forte>

<https://drstephenstokes.standardprocess.com/products/hawthorn>



### Olprima™ EPA|DHA

Suggested Use: **2 softgels per day**

Through a 55:45 ratio of omega-3s EPA and DHA, Olprima™ EPA|DHA supports cardiovascular and brain health while supporting the body's healthy inflammatory response.\*

- Supports cardiovascular health\*\*
- Supports healthy inflammatory processes\*



### Garlic Forte

Suggested Use: **1 tablet 1-2 times daily**

The compounds in Garlic Forte, particularly the alliin and resultant metabolites that are formed on ingestion, help support healthy cardiovascular function.\*

Garlic is used traditionally in herbal preparations to:

- Help maintain normal cholesterol levels already within a normal range\*
- Support a healthy circulatory system\*
- Support cardiovascular system health\*



### Cardio-Plus®

Suggested Use: **2 tablets per meal**

Cardio-Plus is a heart supplement that helps support heart/cardiovascular health.\*

- Supports the healthy functioning of the heart and other muscles\*
- Supports healthy circulation\*
- Provides ingredients with antioxidant activity\*
- Contains bovine heart PMG™ extract
- Supports energy metabolism\*



### Hawthorn

Suggested Use: **1 tablet 2-3 times daily**

Hawthorn contains Hawthorn leaf and flower, which has been used traditionally to support a healthy cardiovascular system.\*

Hawthorn is traditionally used in herbal preparations to:

- Support the healthy functioning of the heart muscle\*
- Help promote cardiovascular system health\*
- Provide antioxidant activity\*

## Assessing Cardiovascular Health Status

## In Office/Physical Exam

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| <ul style="list-style-type: none"> <li>• Blood Pressure</li> <li>• Height/Weight/Waist to Hip Ratio/Waist Circumference</li> <li>• Pulse/Respiration Rate</li> </ul> | <ul style="list-style-type: none"> <li>• Blood Pressure Journal</li> <li>• Heart Rate Variability (HRV)</li> <li>• Standard Process - Omega-3 Index Plus Test</li> </ul> |
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