Dear Concerned Reader,

Let me guess...you’ve been told you have high blood pressure.

The silent killer.

With a name like that, it has to scare you.

And if that’s not scary enough, you were probably told to start taking a blood pressure drug immediately.

But that wasn’t all, was it? I bet you had to go and see a cardiologist next.

And did the cardiologist tell you that if one drug didn’t bring your pressure down, you might have to take a second drug at the same time? Often, there’s even a third drug.

I know how the system works. I’ve been fighting against it for you for almost 30 years.

And I know you don’t want to be part of that group who’s taking blood pressure medication for the rest of their lives.

So I’ll let you in on a little secret...

You don’t have to take blood pressure drugs to lower your blood pressure.

Because, to be brutally honest, their drugs are a lie.
You see, conventional doctors and cardiologists tell you their drugs are the best and only sure way to lower your blood pressure.

But it’s not true. Because…

There’s a Reason Doctors Have to Prescribe Two or Even Three Hypertension Drugs

Why Do Only 42.9% of People on Hypertension Medication Get Their Blood Pressure Down to Acceptable Levels?

Among the estimated 68 million Americans who have elevated blood pressure, only a half have it under control and have their blood pressure down to a healthy level.

Almost 70% of them use blood pressure medications.

Yet among those 47 million people, the American Society for Hypertension has reported that only 42.9% reduce their blood pressure to a level that’s healthy.

In other words, blood pressure drugs are hardly more effective than anything else.

Why? Well first, as I noted earlier, hypertension drugs only have a mild effect. Second, almost half of Americans take a prescription drug, and pharmaceuticals are known to increase blood pressure. That means your prescription blood pressure drug might be offset by another prescription, including steroid therapy.

Third, other common illnesses and diseases are known to increase blood pressure, like kidney and thyroid disease, uropathy, and sleep apnea.

And fourth, hypertension is a disease with a psychosomatic component. Prolonged stress and the constant activation of your “fight-or-flight” sympathetic nervous system can cause it. And what’s worse is that your sympathetic nervous system responds to stress by narrowing blood vessels to increase power. Then, it becomes a vicious circle, as the glutocorticoids and other biochemicals which you release to narrow arteries become maladapted.
For these reasons, natural blood pressure reduction can be much more effective than drug therapy, including special techniques to lower the kind of stress that raises blood pressure.

That’s why I’ve put together an exclusive report just for you. In it, I reveal 12 of the best, easiest ways to reduce blood pressure without drugs, including the solution to stress-related high blood pressure. Keep reading to find out how to get it.

Now before I tell you about my latest Doctors Health Press report that reveals the safe and natural alternatives to these dangerous drugs, let me show you a study that helps illustrate why your doctor is putting you on a never-ending cycle of useless hypertension pills.

In a clinical review—which is a study that reviews other studies—researchers took a look at the results of 92 clinical trials.

All of those trials were testing the effectiveness of a widely prescribed class of hypertension drug, ACE inhibitors. Keep in mind, most were funded and conducted by the same companies that make the drugs. That means they had a vested interest in finding their drugs were effective.

They evaluated the blood pressure lowering ability of 14 different ACE inhibitors in 12,954 participants. The trials followed people who took them for about 6 weeks.

Do you know what they found?

In a nutshell: The drugs don’t do much. The authors wrote, “The BP lowering effect of ACE inhibitors is modest.”

Don’t get me wrong, the drugs lowered blood pressure. There was an 8-point average reduction in systolic pressure and a 5-point reduction in diastolic pressure...

It almost sounds good. But what would you say about those drugs if I showed you a list of foods you can get right now, at your local grocery store, that will do the exact same thing?

And what if I showed you even more foods that will reduce your blood pressure almost as well?
Then, what if I revealed a few others that are twice as effective as any blood pressure drug?

You might begin to wonder why you would ever want to take blood pressure drugs in the first place!

If you did I wouldn’t blame you. I never recommend them to my patients. After all, you don’t know me as “The Food Doctor” for nothing, right? I’ve made it my life’s work to bring you food cures that really work. And you know I would never push a synthetic drug on you if I know that a food could achieve the exact same—maybe even better—results.

Because synthetics, like hypertension drugs, are often ineffective, and most times they’re dangerous. In the case of hypertension drugs, they’re both.

Just ask the aerospace industry.

What do astronauts, the air force and high-speed pilots have to do with blood pressure drugs? Well, the Aerospace Medical Association, in their Clinical Practice Guideline for Hypertension, recommends pilots choose natural remedies to lower blood pressure.

And drugs? If you take one of the most-prescribed blood pressure drugs, you can’t fly a high-performance aircraft.

The drugs are called beta-blockers. What they do is block the natural regulation of your heart depending on your activity. They downregulate your heart’s natural ionotropic ability—that is, its ability to not only beat faster, but beat harder.

Initially, beta-blockers sort of work to artificially bring down your blood pressure. But if anything exciting happens, your heart can’t efficiently pump more powerfully, or faster, as needed.

The guidelines warn: “Beta-blockers are often poorly tolerated in aviators due to fatigue, reduced exercise capacity, and impotence; whether used alone or in combination they are restricted to non-high performance aviators.”

If you take a combination of two other hypertension drugs, you can’t fly those aircraft, either. In fact, the American Society of Aerospace Medicine
Specialists finds these drugs so dangerous to fliers that if you take more than one, you might not get a waiver to fly at all.

I don’t know about you, but that would make me question ever taking those synthetic drugs.

The good news is: you never have to.

Because you need to know that you CAN lower your blood pressure naturally with no drugs—regardless of who you are, what your family history is, or what you’ve been told by your doctor.

And today I want to show you how.

To make that happen, I’ve got a special invitation and offer for you.

But first, let me reveal the nutrient I told you about before you opened this e-mail, to prove to you that you can lower blood pressure without dangerous drugs you don’t need.

Get More of Your Heart’s Amino Acid

Have you ever heard of taurine?

Taurine is your heart’s most abundant free amino acid. Research has shown that it prevents arrhythmia (irregular heartbeat) and has many anti-hypertensive effects. It relaxes blood vessels by enhancing endorphin production, resulting in lowered blood pressure.

In a double-blind, placebo-controlled study—the gold standard for medical research—19 patients with borderline hypertension got 6 grams of taurine daily for seven days. Their systolic blood pressure decreased an average of 9 mm Hg and their diastolic blood pressure decreased an average of 4 mm Hg.

Part of taurine’s effect might be also be due to the fact that it decreases plasma epinephrine but not norepinephrine levels. And people with hypertension tend to have higher epinephrine compared to people with normal blood pressure.

But taurine is only the beginning of what I want to show you. Because I’ve uncovered…
12 of the Most Effective, Easiest to Get and Little Known Blood Pressure Cures You Can Get

They’re all readily available to you, and they’re all waiting for you inside my exclusive brand new special report, *12 Kitchen Cures to Slash Deadly High Blood Pressure*.

I’ll also show you:

- The real reason most people never find out they have high blood pressure
- What your optimal blood pressure should be (It’s not what your doctor told you)
- One food to avoid of you have hypertension
- What your doctor was REALLY thinking in prescribing your medication
- And much, much more!

In this *Doctors Health Press* report, you’ll discover:

- The REAL form of salt that can LOWER your blood pressure—page 3
- The crunchy root that beats high blood pressure—page 5
- Secret Mediterranean blood pressure cure (It’s not what you think!)—page 6
- The special protein that lowers blood pressure—page 9
- An herb with two hidden hypertension busters—page 10
- Caffeine’s blood pressure lowering cousin—page 12

Important Facts About High Blood Pressure You Must Know:

Having diabetes as well as high blood pressure dramatically increases the risk for having a silent stroke, according to the American Stroke Association.

- If you have obstructive sleep apnea, your risk of high blood pressure (hypertension) can be up to two to three times greater than if you don’t, according to the Mayo Clinic.
- Elevated blood pressure is linked to a higher risk of developing cancer or dying from the disease according to the findings of the largest study to date to investigate the association between the two conditions.
• High blood pressure can contribute to chronic kidney disease, according to the Centers for Disease Control.
• High blood pressure, and some of the medications used to treat it, can increase the risk for developing diabetes. There are strong biologic links between insulin resistance (with or without diabetes) and hypertension.2
• High blood pressure can injure the blood vessels in the eye’s retina, causing a condition called retinopathy, which is persistent inflammation and damage to the retina.

I realize you might be reading this thinking, “Dr. Marchione, I don’t believe you. I HAVE to take drugs to lower my blood pressure. My doctor even said so.”

And I don’t blame you for clinging to that belief. The drug companies have gotten so good at convincing us and our well-meaning doctors that we need their drugs…the advertisements in magazines and newspapers, the constant TV commercials with the smiling, happy people…

But, as I said earlier, they’re all a big lie. Because the truth is, their drugs don’t work any better, and in many cases not even half as well, as the 12 natural foods, herbs and nutrients I want to show you in my exclusive report 12 Kitchen Cures to Slash Deadly High Blood Pressure.

They’re simple foods that you probably recognize, but never knew could lower your blood pressure completely naturally.

Think about that for a minute…you can go shopping, eat one or more of these foods regularly, and then never worry about hypertension ever again.

What could be better than the next time you have your blood pressure taken, it will be low enough that your doctor might ask you for blood pressure advice?

Even better, after you read 12 Kitchen Cures to Slash Deadly High Blood Pressure, you can live your life the way you want, with naturally low and healthy blood pressure. Just like it should be.

I will show you exactly how to do it, with 12 foods, herbs and nutrients that lower blood pressure in ways you’ve never heard before, and that your doctor would never dare to tell you about.
In fact, I know I shouldn’t do this, and my editors are going to be upset with me, but let me give you a sneak peek inside my exclusive 12 Kitchen Cures to Slash Deadly High Blood Pressure report…

**Heat It Up To Bring Blood Pressure Down**

**Woman Cures Father’s Heart Attack with Cayenne**

OREGON—A 90-year-old man was in the throes of a severe heart attack when his daughter discovered him.

She knew about cayenne’s renowned power to stop heart attacks, and was able to get cayenne extract into his mouth. When the medics came to try to resuscitate him, they pronounced him dead on the scene.

But within a few minutes, he regained consciousness.

As they took him to the hospital, he remained in a semi-conscious state, so the daughter kept giving him the cayenne extract. By the time they got to the hospital, he had fully recovered and wanted to go home and mow the lawn.

“What did you give him?” the doctor asked the daughter. He later said it was the closest thing to a miracle he had ever seen.

You probably already know about nutrients like CoQ10, magnesium, and omega-3 for lowering blood pressure.

And your doctor might know about them too.

However, it’s much easier for your doctor to just write you a prescription than ever tell you about them. All they know are drugs and surgery, and that’s what they learn in medical school.

But I’ll bet your doctor, your nutritionist and even most alternative medicine practitioners don’t know about the immediate blood pressure-lowering effects of peppers.

Hot peppers like habaneros, cayennes and jalapenos contain a variety of *capsaicinoids*, the compounds that give peppers their characteristic heat.
One of the capsaicinoids—capsaicin—is already highly revered in holistic medicine and used to help boost the metabolism and promote weight loss, manage psoriasis, reduce pain, and ease digestive disorders.

And both holistic and conventional medical practitioners use of capsaicin in creams to relieve even the worst arthritis.

That’s because capsaicinoids block the action of the enzyme—cyclooxygenase-2. You might know it better as COX-2.

What those doctors don’t usually know is why that’s important to your blood pressure. It turns out that COX-2 causes the blood vessels to restrict and contract, and this reduces blood flow to the heart and the rest of the body.

Reduced blood flow forces your heart to pump harder, which ultimately leads to increased blood pressure.

By blocking COX-2, capsaicin lowers blood pressure.

And the capsaicin in hot peppers also has the extraordinary ability to enhance your heart’s performance while lowering blood pressure by another, little-known means.

They’re called “capsaicin receptors.”

In this brand new special report, I show you how they work, how to get capsaicin, and how to use it both from peppers and from supplements.

I even want you to have my easy recipe for cayenne pepper tea.

But hot peppers and capsaicin are just one of my kitchen cures.

Here’s a little more of what you’ll discover inside your Doctors Health Press exclusive report:

- Increase this natural chemical you already make to lower blood pressure—page 6
- A leaf extract is twice as powerful as most hypertension drugs? Yes!—page 7
- Revealed: The least-known blood pressure herb—pages 10–11
- The “gut feeling” that lowers blood pressure—page 12
• The “prickly” herbal heart healer—page 13
• The phytonutrient that drops blood pressure like a stone in only two hours—page 14
• An antioxidant that’s 500 times stronger than vitamin E…and can ease blood pressure—page 15

With *12 Kitchen Cures to Slash Deadly High Blood Pressure* you’ll have access to the easiest, fastest, most efficient and safe ways to lower your blood pressure. And you can get them right at your local store...so you never have to think about saying “no” to your friends and family.

Take that trip. Go to that concert. And never worry about pills or medications cramping your lifestyle.

**Take Charge of Your Health Today**

You can now take charge of your own health – without putting yourself at the mercy of cookie-cutter doctors who only recommend dangerous, costly drugs.

And their drugs are costly.

A single blood pressure prescription can cost as much as $200 a month.¹ And think of how much you’d have to spend each month if you’re prescribed three medications... $500 a month? $600?

Well now you can forget all those extra monthly bills. I’m going to help you control your blood pressure inexpensively and completely naturally with *12 Kitchen Cures to Slash Deadly High Blood Pressure*. In it, you’ll discover the
truth about what really works to lower your blood pressure and why... all for a completely risk-free price of only $19.95.

That’s less than it costs for only one month’s supply of the cheapest blood pressure drug. But what you get is a lifetime of freedom from monthly prescription bills. And remember...

Your Satisfaction is 100% GUARANTEED!

If at any time you feel like 12 Kitchen Cures to Slash Deadly High Blood Pressure isn’t everything I promised, or if you’re unsatisfied for any reason or for no reason, simply tell my customer support team within 30 days and you will receive a FULL refund. That’s how sure I am that these little known, effective blood pressure cures will work for you.

So if you want to forget about drug company health claims and break free of hundreds of dollars a month in prescription bills, click on the link below to order today!

CLICK HERE TO ORDER NOW!

Sincerely,

Victor Marchione, MD

P.S. – Don’t delay! To avoid the silent killer, I urge you to click below and get the essential report 12 Kitchen Cures to Slash Deadly High Blood Pressure, available to Doctors Health Press members only, at a special price. It’s your best, easiest way to conquer high blood pressure for good and stay off modern medicine’s pill treadmill. Order today!


On any matter relating to your health or well-being—and prior to undertaking any health-related activity—consult an appropriate health professional. The opinions herein are exactly that, they are the opinions of the author.