



What Is **HYPERTENSION?** 高血压是什么?

Hypertension, also known as “High Blood Pressure” (HBP), is a medical condition where one has a blood pressure that is higher than normal. Although our blood pressure does change throughout the day depending on what we are doing, those with hypertension have blood pressures that are consistently above normal ranges.

Why is hypertension so dangerous?

While hypertension is usually not seen as a harmful or fatal illness on its own, that’s part of the reason why it is dangerous. Most people would “normalize” the condition and control it with the use of medication without considering it further. Hypertension should be something that we are concerned about because it has been established as a major risk factor for stroke, heart disease, and renal dysfunction. Research shows that hypertension plays a central role in the development of these diseases, so if one has high blood pressure, it can be an early warning sign of what is to come if lifestyle changes are not made.

What are some early signs that you may have hypertension?

It is important to know the early signs of hypertension so that you can get ahead of it before it gets out of control. For example, if you are constantly feeling dizzy or lightheaded, this could be a sign that your blood pressure is getting too high.

高血压是一种血压高于正常水平的疾病。虽然我们的血压在一天中会根据我们所做的事情而变化，但高血压患者的血压始终都高于正常范围。

为什么高血压如此危险?

虽然高血压本身通常不被视为有害或致命的疾病，但这也是它危险的部分原因。大多数人，无需进一步考虑，会选择使用药物来控制病情。然而，高血压应该引起我们的关注，因为它已经被确定为导致中风、心脏病和肾功能不全的主要危险因素。研究表明，高血压在这些疾病的发展中起着至关重要的影响，所以一个人如果有高血压，但却不改变自己的生活方式，高血压可能是未来将发生的事情的早期预警。

高血压的早期症状是什么?

了解高血压的早期迹象是很重要的，这样您就可以在它失控之前做好准备。例如，如果您经常感到头晕或头昏眼花，这可能是您的血压过高的迹象。

其他需要注意的症状包括：

- 疲劳、头晕、头昏和头痛
- 胸痛或呼吸短促
- 恶心和呕吐
- 食欲不振
- 脚或脚踝肿胀



Additional symptoms to look out for include:

- Fatigue, dizziness, lightheadedness, and headaches
- Chest pain or shortness of breath
- Nausea and vomiting
- Loss of appetite
- Swelling in the feet or ankles

What are some lifestyle factors that can increase our risk of hypertension?

Hypertension can lead to serious complications if not treated early—according to medical experts, many of the causes of hypertension are because of our own lifestyle choices.

These lifestyle choices, such as smoking, obesity, consuming too much salt and lack of exercise can be changed to prevent the ongoing development of hypertension.

The reality is that even though it may seem difficult to make such a big change, once you take some small steps in the right direction, it gets progressively easier from there!

哪些生活方式因素会增加我们患高血压的风险?

如果不及早治疗, 高血压会导致严重的并发症。医学专家认为, 高血压的很多原因是由于我们自己的生活方式的选择。

一些生活方式的选择, 如吸烟, 过度肥胖, 高盐饮食和缺乏运动, 可以改变和防止高血压的持续发展。

现实情况是, 要做出如此改变似乎并不容易, 但一旦您朝着正确的方向迈出一小步, 该做的改变就会变得越来越容易!



How to prevent and manage hypertension with NewLife™'s proven solutions:

如何使用新生命已被证实的有效解决方案来预防和管理高血压:

1. Detoxification & Rejuvenation Programme (DRP)

The DRP is a great way to kick start your lifestyle changes and acts as an "overhaul" for the entire body. For those with hypertension, we would recommend starting with the DRP and we have seen countless people experience normalized blood pressure within the first week of the programme without medication or with reduced dosage! It is not just short-term results as well, as most are able to maintain normal levels after the programme with some dietary and lifestyle adjustments.

During the DRP, your body is fed with a wide array of nutrients that are essential for the body and not found in our normal diet, while **Coffee Enemas** and **Herbal Klenz Powder** help to promote detoxification from the liver and the digestive system. If you are interested to do the DRP and need guidance, feel free to contact any of our NewLife™ branches for support!

2. Low Sodium Diet with a Daily Intake of Apple Cider Vinegar, Honey, and K-Salt

One of the most common causes of hypertension is the high sodium intake in most of our diets. Sodium is found in salt and all savoury seasonings. While sodium is naturally found in fruits and vegetables, what happens when we have so much added through our seasoning is that the natural levels are off-balance and the body will need to make adjustments internally.

What the body does to balance out our excessive sodium intake is to absorb more water into the cells. This is why you tend to feel thirsty after a salty meal. This water helps to dilute the concentration of sodium in the cells. The side effect of this, however, is that with the additional water retained in cells, intracellular pressure is increased and this causes higher blood pressure!

Since most of us can't escape from having the extra sodium intake in our diet, the only solution would be to supplement with potassium to balance the sodium intake. Potassium helps to push excess sodium out of the body (through urine) and reduce water retention.

Our recommendation would be to drink 3-4 glasses of **Apple Cider Vinegar** (1 tsp) with **Pure Raw Honey** (1 tsp) and **K-Salt** (¼ tsp). **Apple Cider Vinegar** is high in potassium along with many vitamins, minerals and electrolytes.

K-Salt is a potassium salt blend and is a formula developed by the late Dr. Max Gerson after more than 300 experiments! It is used in the Gerson Therapy for Cancer Treatment and we are very fortunate to have this supplement available through NewLife™!

By supplementing with potassium and reducing our salt intake as much as possible, we would be able to maintain much healthier blood pressure and prevent other cardiovascular-related issues.

1. 排毒与复健程序(DRP)

DRP是开始改变生活方式,为整个身体作检修的一个很好方式。对于那些患有高血压的人,我们建议从DRP开始,我们已经看到无数人在不服药或减少剂量的情况下,在DRP计划的第一个星期内血压恢复正常!这不仅仅是短期的结果,因为大多数人在计划后通过一些饮食和生活方式的调整能够保持正常血压水平。

DRP为您的身体提供了广泛的营养,这些营养对身体来说是必不可少的,在我们的日常饮食中是没有的,而**咖啡灌肠**和**天然净化粉**有助于促进肝脏和消化系统的排毒。如果您对DRP感兴趣并需要指导,请随时联系我们的任何新生命分行以获得支持!

2. 低钠饮食,每天摄入苹果醋,蜂蜜和钾盐

高血压最常见的原因之一是高钠饮食。盐和所有调味料都含有钠。虽然钠天然存在于水果和蔬菜中,但当我们通过调味料添加了太多的钠时,会导致自然水平失衡,身体需要内部进行调整。

我们的身体会吸收更多的水进入细胞,以平衡过多的钠摄入。这就是为什么您吃了咸的食物后会感到口渴的原因。水有助于稀释细胞中钠的浓度。然而,这个反应的副作用是,随着细胞保留额外水分,细胞内的压力也随之增加,这导致更高的血压!

由于我们大多数人都无法避免在饮食中摄入额外的钠,所以唯一的解决办法就是补充钾来平衡钠的摄入。

我们的建议是每天喝3-4杯**苹果醋**(1茶匙)和**纯生蜂蜜**(1茶匙)和**钾盐**(¼茶匙)。**苹果醋**富含钾以及多种维生素、矿物质和电解质。

新生命钾盐是由已故的马克斯·格尔森博士经过300多次实验开发的配方!它是格尔森癌症疗法的一部分。您可以通过新生命取得这种钾补充剂!

通过补充钾和尽可能减少我们的钠/盐摄入量,我们将能够保持更健康的血压,并防止其他心血管相关问题。



3. Niacin (Vitamin B3)

One of the 8 water-soluble vitamins from the vitamin B family, niacin is a key nutrient for better cardiovascular health. The key function of niacin is that it is a major component of the coenzymes nicotinamide adenine dinucleotide (NAD) and nicotinamide adenine dinucleotide phosphate (NADP), which are involved in over 400 biochemical reactions in your body—mainly related to obtaining energy from the food that we eat.

One of the other effects that niacin has on the body is that it releases prostaglandins that help to widen our blood vessels. This increases blood flow and reduces blood pressure in the body. Health experts believe that niacin can play a key role in both the prevention and treatment of hypertension.

In an observational study of over 12,000 adults, researchers found that each 1mg increase in daily niacin intake was associated with a 2% decrease in high blood pressure risk—with the lowest overall high blood pressure risk seen at a daily niacin intake of 14.3-16.7mg per day.

Another high-quality study also noted that single doses of 100mg and 500mg of niacin slightly reduced ventricular systolic pressure.



3. 烟碱酸 (维生素B3)

烟碱酸是维生素B族的8种水溶性维生素之一，是改善心血管健康的关键营养素。烟碱酸的关键功能为它是烟酰胺腺嘌呤二核苷酸 (NAD) 和烟酰胺腺嘌呤二核苷酸磷酸 (NADP) 辅酶的主要组成部分，这两种辅酶参与了人体400多个生化反应，主要与我们从所吃的食物中获取能量有关。

烟碱酸对身体的另一个影响是它会释放前列腺素，帮助扩张血管。这会增加血液流动，降低身体的血压。健康专家认为，烟碱酸在预防和治疗高血压方面都发挥着关键作用。

在一项针对12000多名成年人的观察性研究中，研究人员发现，烟碱酸每天摄入量每增加1毫克，高血压风险就会降低2%，其中每天摄14.3-16.7毫克烟碱酸的总体高血压风险最低。

另一项高质量的研究也指出，单剂量服用100毫克和500毫克烟碱酸会轻微降低心室收缩压。

4. Stress Management and Exercise

Along with the supplements and dietary recommendations above, one of the key factors that can help with improving blood pressure and preventing cardiovascular conditions is stress management and regular exercise.

Chronic stress is one of the risk factors for hypertension and many other conditions, while exercise can help to lower blood pressure and improve heart health and strength. The good news is that regular exercise helps with stress management as well, so these two points can be tackled at the same time!

You can start with moderate walking or rebounding on the **NewLife™ Rebounder** 3 times a day for 10-15 minutes each. The most important thing is to just get started and be consistent in your exercise routine.

4. 压力管理和运动

除了以上的补充剂和饮食建议，压力管理和定期运动也有助于改善血压和预防心血管疾病。

慢性压力是高血压和许多其他疾病的风险因素之一，而运动可以帮助降低血压，改善心脏健康和体力。好消息是，运动也有助于压力管理，所以这两点可以同时解决！

您可以从适度步行可以从适度的步行开始或每天做3次，每次10-15分钟的新生命弹跳床运动。最重要的是开始并坚持您的锻炼计划。



If you have hypertension or have a loved one with hypertension, and need support or a consultation, please feel free to contact us at info@newlife.com.my. We would love to help you in any way we can!

如果您或您的亲人患有高血压，需要支持或咨询，请通过 info@newlife.com.my 联系我们。我们愿意尽我们所能帮助您！