

High Blood Pressure Protocol*
(To be used with High Blood Pressure Formula)

1. Every day you must eat at least one (1) grapefruit, the flesh of the fruit as well as at least 1/4 of the white inner peel.

2. **Garlic Tea:**

When blood pressure is $>160/90$ or higher, especially the bottom number (diastolic) make and drink garlic tea.

- Take two (2) cloves (pegs) of garlic and blend in a blender with 2 cups of water. Strain the liquid then drink 1 to 2 ounces every two hours.

3. **Garlic Enema:**

When blood pressure is $> 180/100$ or higher, especially the bottom number (diastolic), take a garlic enema.

- Prepare the same way as the garlic tea. Place the liquid, after straining in an enema bag then add another two cups of water.
- Do high enemas several times until the diastolic number come down below 90.

If your HBP reading is not below 170/90 after three enemas then take your high blood pressure medication.

This program is best implemented with a proper diet and exercise!

- Water is a natural blood thinner, drink 50% of your body weight in ounces.
- Vitamin E is a natural blood thinner 400IU to 1000IU daily
- Cayenne pepper thins the blood and helps with circulation (1 cap 3x daily).

Monitor blood pressure several times a day, especially when your stress level goes up; you may also need to increase the number of High Blood Pressure Formula capsules you are taking until the stress is removed. Also monitor your blood pressure when you feel the need to have it monitored.

*This program will not work while taking high blood pressure medication!

*Must exercise daily, especially walking; proper water intake, and a nutrient dense plant-based diet.

*Avoid fried and greasy foods, dairy products, salt, meat which create ureas that harm's the heart.