

“HOW TO SAY GOODBYE TO BLOOD PRESSURE MEDICATIONS WITHIN A MONTH!”

As most of us are all aware, high blood pressure otherwise known as hypertension is prevalent in our communities especially within a society that has become increasingly obese and disease stricken. There are many factors that contribute to high blood pressure including diet, lack of exercise, age, smoking and stress just to name a few. To alleviate it many patients are hastily being prescribed medications such as Metoprolol, Lisinopril, Norvasc and Coreg.

But what if I told you there was a natural alternative that along with proper exercise and diet could dramatically decrease your blood pressure within a short period of time without the use of those costly prescriptions each month? Forskolin, a member of the mint family that grows natively in Burma, Thailand and India and derived from the roots of the *Plectranthus Barbatus/Lamiaceae* plant has been known to do just that! Of course it has been used for the other magnificent medicinal health benefits it offers such as improving eczema, cancer metastasis, weight loss and depression. Ironically, it has even been shown to greatly improve CHF and angina in patients. According to these testimonies, forskolin may be more promising than we have ever imagined.

“I truly thought that I’d be taking metoprolol day in and day out for the rest of my life, but now I have a new outlook and no longer get prescriptions for it, I feel better than I did while on prescribed meds and my blood pressure is better than ever.” – Liz Sentara, Ohio IL

‘My husband was a newly diagnosed borderline hypertension patient, when we got home we did our research and came across forskolin. We thought let’s give it a try before filling the prescription. At his 1 month follow up, his blood pressures are back down to normal and have stayed put!’
Annie P, Chapel Hill NC

In addition, several animal and human studies have assessed the efficacy of forskolin in treating hypertension and cardiac failure. Early studies in rats, rabbits and guinea pigs showed forskolin increases the contractile force of heart muscle and relaxation of smooth muscle surrounding the arteries. (5) (6) Confirming these animal studies, a 1987

study of seven human patients with dilated cardiomyopathy showed forskolin improved left ventricular function without increasing energy metabolism (Kramer W, 1987;)

No wonder cardiovascular patients are now considering ditching their prescribed blood pressure medications and supplementing with this best kept secret!

So how could this minty miracle work for you? Well, let's begin with the reason why high blood pressure even exists. It occurs when our blood vessels are constricted or "closed" making it difficult for blood to pass through for various reasons. Forskolin acts on the muscles in the heart. It is a vasodilator which can expand blood vessels by relaxing smooth muscles thereby lowering blood pressure and improving blood flow. Think of forskolin as a magic genie that prompts your blood vessels to "open" thus now allowing blood to pass through without difficulty. When this happens, your blood pressure decreases. It's really that simple! Of course other factors may need to come in play in keeping it that way including change of diet, increase of exercise, cessation of smoking and relief of stress. But even if taken alone without changing other factors, taking forskolin still seems promising for those who would like a more natural alternative.

Now just like with anything else in this world, nothing comes with its potentially harmful side effects and forskolin is no exception. Although studies show that is relatively safe, it still must be used with caution. I urge you to conduct your own research but here I'd like to highlight the cautions that stood out the most during my own research.

1. It is probably best to avoid forskolin or any dietary supplement if you are pregnant or nursing unless your doctor approves.
2. Children under 18 are recommended to avoid forskolin.
3. Those currently taking blood thinners or hypertensive medications may want to avoid forskolin. Since forskolin can act as both a blood thinner and anti-hypertensive, you do not want a double effect sort of say. For example, you may become extremely hypotensive if you take both your prescription hypertension medications and forskolin at the same time.
4. Please consult with your doctor in reference to all other medications that you may be taking that may or may not interact

with forskolin. In addition, do your own research as it always pays to be informed about your health options available to you.

So as you may see, forskolin may be worth looking into and may be of benefit to you and your cardiovascular health. Improvements were best made when changes to diet, increased exercise, smoking cessation and finding an outlet for stress relief were combined. Forskolin may very well be an option especially if you often consider natural supplementation and how it could benefit you and your family. Not to mention all of the other wonderful health benefits this natural supplement has to offer as mentioned above. The fact that it has been used in Ayurvedic medicine for centuries is also promising. But again, it pays to do your own research and discuss with your doctor the best options for you and your body considering your lifestyle and current medications.

“I didn’t know I became depressed when I learned that I would have to take Lisinopril each month. A friend, who studies holistic health mentioned forskolin. I did my research on it and found that it may be a good fit for me. My doctor agreed. Let’s just say that after taking it for a month and changing my diet, I was able to throw my bottles away and improve my depression and never look back. I feel better knowing that it is a natural supplement and has been used for many centuries and not just some medication developed in a lab.” Ed H.

We all know that there is no magic cure all for ailments, diseases and syndromes that plague our society but at least we can be comforted in knowing that we still have very valuable elements of the Earth that have been used for centuries that we can still utilize and rely on if our body calls for it. Happy health!!!

Kramer W, Thormann J, Kindler M, Schlepper M. Effects of forskolin on left ventricular function in dilated cardiomyopathy. *Arzneimittelforschung*. 1987;37:364-367.