

## The NEW Safe, Affordable Alternative to Blood Pressure Medications

October 3, 2011

The [latest statistics from the CDC](#) show that 1 in 3 Americans are on at least 1 blood pressure medication, with blood pressure contributing to 326,000 deaths in 2006 and costing our healthcare system \$76.6 billion in 2010.

But blood pressure medications can come with [numerous side effects that include](#) headaches, constipation, dizziness, and dehydration. Fortunately, you can [click here for my handout](#) on 5 safe, affordable ways to help maintain a healthy blood pressure.

Now there is a NEW food that is gaining acceptance...**BEET JUICE**. In [a study published recently](#):

**A toast to health and performance! Beetroot juice lowers blood pressure and the O<sub>2</sub> cost of exercise**

Leonardo F. Ferreira and Bradley J. Behnke  
*J Appl Physiol* 110:585-586, 2011. First published 23 December 2010;  
doi:10.1152/jappphysiol.01457.2010

*500 mL of beet juice per day* may be a potentially safe alternative to blood pressure medications:

The novel findings of Lansley et al. (11) have several clinical implications (13). A dietary therapy that lowers blood pressure and increases exercise tolerance may obviate the use of expensive drugs with potentially deleterious side effects. However, before beetroot juice can be safely used in the clinical setting, further research is necessary to address questions pertaining to the applied aspects of dietary NO<sub>3</sub><sup>-</sup>, including 1) defining the dose dependence, 2) determining the impact on human health of prolonged supplementation, and 3) evaluating the effects of chronic dietary supplementation on adaptations elicited by exercise training. Answers to the following

**Where can you get beet juice?**

You can [click here to find out where to get this excellent product](#):



**IMPORTANT!** If you are on any blood pressure medications and are interested in beet juice, you **MUST** consult your doctor before making any changes to your diet or medications.

Please email me and I will be happy to send you the study!

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**Author:** Greg Arnold, DC, CSCS

**Source:** Self-research

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