

## A Safe, Highly Effective Blood Pressure Formula

You need to know about **Hypertenol™** tablets if you have high blood pressure. You need to know, especially if you have high blood pressure and you do not want to have to rely on medical drugs, or if you want to be able to reduce your dosage of prescription medication. You need to know because of the fantastic results demonstrated among high blood pressure patients using **Hypertenol** regularly.

We've been able to review a number of case reports and experimental work done on **Hypertenol™**, and we must say that this formula ranks as among one of the most efficacious natural blood pressure remedies that we have ever seen. In fact, from these case reports, it would appear that **Hypertenol™** might be superior to some medical drug regimens. **Hypertenol™** from Metabolic Response Modifiers (also known simply as MRM) is a completely safe proprietary blend of **anthesis, thyme**, and other **essential oils**.

### Case Reports

Here are case reports that tell the story:

- A female Caucasian, age 42, was using Deltazem LP. Her blood pressure (BP) was 160/98 on November 3, 2000 when her doctor removed her drugs and began her on **Hypertenol™**. On November 10, 2000, her BP decreased to 150/84. One week later, her BP was 140/82. Within about two months—by January 5, 2001—her BP normalized at 120/80.
- A male black, age 57, was using metoprolol (100 mg) and Lasix (40 mg). His BP was 170/90. On September 29, 2000, his physician removed his drugs and began him on **Hypertenol™**. By October 20, his BP was 122/80. By February 16, 2001, his BP had stabilized at 120/80.
- A male black, age 72, was using Zocor (simvastatin), Lasix and Hytrin (terazosin HCl). He had been suffering from hypertension since the age of 47. On September 22, 2000 when he started to use **Hypertenol™**, his BP was 187/98. One week later, it had gone down to 145/92. By February 16, 2001, his BP had returned to normal at 120/76.
- A female Caucasian, age 68, was using Cardizem (diltiazem hydrochloride) and Atenolol. Her BP was 190/115 when she began taking **Hypertenol™** tablets

on September 22, 2000. One week later, after taking **Hypertenol™**, her average reading was 130/85. By January 19, 2001, her BP was 120/80.

These are only a few of the amazing case reports that have come to us. Many more will be detailed in upcoming issues.

### Additional Research

Experimental research from the University of Montreal further confirms the profound blood pressure-lowering effect of **Hypertenol™** tablets. In a recent study, spontaneously hypertensive rats were given the formula. After only one week "a marked reduction" in their blood pressure was observed, including a reduction from an average of 176 mm Hg to 153 mm Hg, notes Dr. Angelino Calderone, of the Center for Research, Institute of Cardiology, Montreal.

Dr. Calderone discovered several additional benefits of the **Hypertenol™** formula. For example, the formulation "significantly improved" left ventricular systolic pressure. This is important. Left ventricular systolic pressure indicates contractility and is usually elevated in spontaneously hypertensive rats. Because of the formula's purported free radical scavenging effect, Dr. Calderone also noted, "Based on the antioxidant property of **Hypertenol™**, the reduction of free radicals... may result in a secondary increase in nitric oxide, thereby recruiting this intrinsic cardioprotective mechanism." ♦

### The Doctors' Prescription

Hypertension or high blood pressure is estimated to be the third leading risk factor for death in the world today. Regrettably, only about 25 percent of hypertensive patients achieve adequate blood pressure control with the usual antihypertensive treatments. Hypertension is an important risk factor for heart disease, stroke, congestive heart failure, arteriosclerosis and kidney disease.

Take one to two **Hypertenol™** tablets daily to support healthy blood pressure. Consult your doctor if you are currently taking blood pressure or other medications. The **Hypertenol™** formula is available nationwide at natural health centers and from health professionals. You can contact MRM to find a store near you. Call them toll-free at (800) 948-6296 to find a natural health center or health professional near you carrying **Hypertenol™** tablets.

### REFERENCES

Youdim, K.A. & Deans, S.G. "Dietary supplementation of thyme (*Thymus vulgaris L.*) essential oil during the lifetime of the rat: its effects on the antioxidant status in liver, kidney and heart tissues." *Mech Ageing Dev*, 1999;109(3):163-175.

### FYI: Weight Loss Without Stimulants

Long-standing research has revealed that weight loss and exercise, combined with a nutritious diet, can help hypertensive patients to significantly reduce their blood pressure. Clearly, any weight-loss program must involve exercise and, also, hypertensives usually should not use stimulant-based weight-loss formulas.

### A CLOSER LOOK: The Hypertenol™ Formula

Blood pressure is determined by cardiac flow, which, in turn, correlates with the resistance of the vessels. The resistance of the vessels is dependent on their contraction. The more the vessels are contracted and the more resistance increases, the greater the rise in blood pressure. On the contrary, if the vessels are slackened, resistance decreases, as does blood pressure.

The anthemis family, which includes **chamomile** and **thyme**, has long been recognized for its sedative, anti-inflammatory effects. In particular, chamomile has profound anxiolytic (anxiety-relieving) effects, especially its chemical constituent apigenin, which is an activating ligand for the brain's central benzodiazepine receptors. The formula may work by imitating its anti-anxiety effects, thereby relaxing arterial muscles. But there's more than this simple mode of action. In an experimental study, aging rats, whose diets were supplemented with thyme oil, retained a more favorable antioxidant capacity during their life span.



## WOMAN TO WOMAN



### Flatten Your Tummy with Emery Miller

It's taken me three years of hard work and persistence to become the bodybuilder I am today. But, even if you've only recently made a new commitment to beginning a fitness program, these exercises can work for you too. For great looking abs, carry out the following exercises at least three times a week. Beginners should set realistic goals and strive to work up to my ideal numbers. All together, these exercises will give you killer abs and should only take about half an hour a few times a week.

**Crunches.** I do 500 of these but you should try starting with 100, or do whatever is comfortable and try to improve regularly. Lie flat on the floor with either the calves resting on a bench (or aerobics steps) with calves parallel to the floor. Beginners can have their feet flat on the floor. Place your hands at your sides or behind the neck with your elbows out. Do not pull or tug on your neck. Begin the crunch. Imagine a lobster curling its tail and be sure to exhale as you lift your shoulders and pelvis off the floor, making a "C" shape with your torso. To avoid boredom, I like doing mine to music. Choose a favorite song with a slow driving beat and positive message.

**Oblique Rocks.** Again, I do 500 but do whatever is comfortable. Stand with your feet shoulder-width apart and move your upper body side to side. This is a subtle movement; you only need to move about an inch in either direction. Keep your abs tight and use them to stop your momentum at each rock. Do not twist your body, or move your lower body at all. Keep your shoulders squared and parallel to the floor. Imagine having your arms straight out and having a person on each side using your arms for a tug-of-war while you resist with your abs.

**Cable Crunches.** I do 150 of these. For this exercise, you need to use either the gym's cable system with the rope handle, or a rubber resistance band placed over a doorknob. If you are at the gym, set the weight for an amount that will counterbalance your upper body weight. Get on your knees holding the rope at head level, with your elbows bent in towards your body. Now crunch your abs towards the floor. Be careful not to pull with your hips only, or arch your back when you come up.

#### Points to Remember

- Warm up before beginning any exercise. Five minutes on a treadmill or walking on the spot is sufficient.

- Drink plenty of water before and throughout your workout. This helps your kidneys and liver flush all the toxins and fats out of your body, and keeps your metabolism at a healthy level. I drink two gallons of water a day, but you should be drinking at least eight glasses daily.
- Exhale when you come up. Do not hold your breath.
- Use a mirror to watch your body form and avoid potential injuries.
- Your abs are like any other muscle in the body: They need to rest the day after being exercised in order to grow and strengthen. Work them every other day, and concentrate on other muscle groups and/or cardio in between.
- Nutritional supplements can make losing weight a little less difficult. MRM (Metabolic Response Modifiers) has a variety of products that can help. MRM's **Beyond Basics** is a very complete source of vitamins, minerals and essential amino acids. **Meta-Burn EF** and **MBX** are wonderful products that provide me with energy to complete my workout. I also use **Cordyceps** to increase glucose metabolism, and **L-Carnitine** to reduce post-workout muscle fatigue. For help in finding MRM products in your area, contact MRM at (800) 948-6296.

