



# Holladay Physical Medicine

4211 Holladay Blvd. – Holladay, UT 84124 – (801) 272-8471

Bruce Gundersen, D.C., DIANM

[www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com)

This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

## Benign Essential Hypertension

This is commonly called high blood pressure but is far more complicated than just the elevation of the pressures within the cardiovascular system. The liver, lungs, kidneys, skin, lymphatic, musculoskeletal system and heart are all involved as well as the adrenal glands. There are many causes for elevation in the numbers and many solutions.

Today's traditional medicine would indicate that any number over 140/90 is considered to be hypertension. Just 40 years ago, these numbers were 150/95.

A salt free diet has been recommended along with diuretics to cause the kidneys to filter more fluids and recue the amount of blood within the system in the hope of reducing the tension. Unfortunately neither of these activities has shown to reduce the actual causes of the high numbers even though they temporarily reduce them in some people.

Balanced body chemistry and restoration of the mineral content so that the above mentioned organ systems can function properly will gradually help to reduce the numbers by restoring normal organ system function.

**Drinking only spring water and eliminating carbonated water and sweetened or caffeinated drinks is critical.**

Most importantly, daily exercise, gradually elevated to at least 45 minutes will also aid in the reduction of the stress on the systems and lower the numbers. Walking, swimming or biking are best choices.

Expect several months of total compliance to the recommendations to normalize the numbers.

### Specific Behaviors:

1. Elimination of carbonated drinks, caffeine, artificial sweeteners (except stevia or xylitol) and refined sugars;
2. Modified Atkins Diet of not to exceed 50 gram of carbohydrates per day;
3. Drink 64 oz. spring water each day;
4. Spinal manipulation 2-3 per week until numbers subside to tolerable range
5. Walk briskly 1 in per day and add 1 min per day until 45 min per day is reached;
6. Ride stationery cycle beginning at 10 min per day and increase 1 min every 2 days to 45 min;
7. Work up to 10 min per day resting and medicating on the incline board;
8. 5 min per day on the Chi machine increase 1 min every two days to 20 min;
9. 10 min daily on the Rumblex;
10. 20 min per day meditation listening to classical music or poetry;

## **PREMISE**

In order to recover from many of today's chronic health disorders, a basic premise must be understood on which all other treatments and remedies depend. The body must be fed the proper ingredients to heal and it must not be fed or exposed to harmful or toxic elements. Go to our web page [www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com) Scroll down to the Absolute Health Clinic on the right and click on Learn More. Review each of the following completely: Things to Avoid or Eliminate, Things to Do, Detoxification, Preferred Foods, Forbidden Foods, and Cleaning Products Substitutes.

Each of these items is necessary for you to overcome this disorder. It is not likely that a cure is readily achievable and management is our initial goal. Depending on how long your body has suffered from this disorder, it may take at least half that long to gain control of the condition and manage it in such a way as to not completely interfere with your daily routine. Expectations should be largely based on your individual history with this condition.

## **USE OF PRESCRIPTION DRUGS**

We do not prescribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not, in any case, recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

## **SUPPLEMENTATION:**

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can be toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

### **GENERAL DAILY SUPPLEMENTS**

- Catalyn
- Tuna Omega-3 oil
- Calcium Lactate
- Trace Minerals B12
- Cataplex D
- Prolamine Iodine

### **SPECIFIC FOR THIS CONDITION**

Diaplex  
Organically Bound Minerals  
Protefood  
Albaplex

Specific dosages will be provided by the doctor.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

## **EXERCISE**

Begin a daily walking routine of 1 minute on the first day. Add 1 minute each day until you are at 45 minutes of continuous walking. Make this a specific time and walking around stores, work or home does not count.

## **MAINTENANCE:**

Regular spinal adjustments and mild forms of physical therapy are important to reduce the symptoms on a regular basis. Patients who receive monthly spinal manipulation and therapy report fewer complications and improved life style. It is important that you follow your chiropractic physician's advice about the frequency of treatment for your particular condition.

## **OTHER INFORMATION:**

We offer a wide variety of health information at our web site. [www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com) All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic Orthopedists and clinical director and chief clinician at Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.