

## Blood Pressure Redeemer

- *He sent His word and healed them, and delivered them from their destructions. Psalm 107:20*
- *Heal me, O LORD, and I shall be healed; Save me, and I shall be saved, for You are my praise. Jeremiah 17:14*
- *But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed. Isaiah 53:5*
- *...who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness--by whose stripes you were healed. 1Peter 2:24*

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- Usual causes that promote higher blood pressure are: Kidney issues, Liver issues, obesity, smoking, sleep issues, arterial oxidation damage, and magnesium deficiency.
  - Some ways to lower blood pressure are: reduce alcohol consumption, lose weight, avoid sugar, quit smoking, and take absorbable magnesium.
  - Some foods that had significant impact on blood pressure are: beetroot juice, celery seed extract, chocolate, cinnamon, fiber, omega 3 fish oil, flax seeds, olive oil, garlic, pomegranate juice, and drinking Hibiscus tea.

The items below may also have a positive affect

- ReMag™ The Magnesium Miracle™ - ½ to 1 tsp per day
- Opti-BP™ from Karuna – 2 per day (will last 30 days)
- Olive Leaf Extract from Karuna
- Cellular Active® CoQ10 Ubiquinol from Bluebonnet – 100 mg per day
- Triple Leaf Tea Blood Pressure Tea Bags, 20 Count

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Power through prayer and laying on of hands

- *And it happened that the father of Publius lay sick of a fever and dysentery. Paul went in to him and prayed, and he laid his hands on him and healed him. Acts 28:8*
- Daily prayer – Lord, I ask You to heal me by the stripes that Jesus bore for my physical healing. (Lay your hands on your heart.) Therefore in Jesus name I speak to my blood flow system to be cleansed and sanctified by the blood of Jesus. I tell my blood flow system to be made healthy and strong by the power of Your word. I let go of my anger, resentments, and fears. I choose to forgive all those that have hurt me. I ask You to send this nutrition to where it is needed to support my blood flow system and my overall health.

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Nutritional support has not been determined to heal or cure any condition or disease by the FDA, or else it would be declared a drug by the FDA. The information provided herein is intended for your spiritual edification and educational purposes only and is not a substitute for advice, diagnosis or treatment by a licensed physician. It is not meant to cover all possible precautions, drug interactions, circumstances or adverse effects. You should seek prompt medical care for any medical issue and consult your medical doctor before implementing changes to your current regimens. If you gain any benefit from utilizing this information, it is due to the exercise of your faith and because the spoken Word of God does not return void. *(So shall My word be that goes forth from My mouth; It shall not return to Me void, but it shall accomplish what I please, and it shall prosper in the thing for which I sent it. Isaiah 55:11)*