

# Treat Your Body Right – Blood Pressure And Cholesterol

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For those of you who have a family history of high cholesterol and blood pressure and are thinking medications are an inevitable part of your future, there is prevention now. Supplements, herbs, exercise, nutrition and acupuncture can offer hope.

If that sounds like too much work, I invite you to visit WebMD.com, and check out the potential side effects of Lipitor, Atenolol and other such medications. Although they offer a quick, easy solution, they are riddled with potential dangerous side effects such as pain syndromes, impotence and fatigue.

Modern medicine offers great innovations when it comes to diagnostic tools and pinpointing what's going wrong in the body. But, the typical course of treatment after diagnosing a blood pressure or cholesterol problem is to recommend prescription drugs or invasive surgery. That can also mean depending on prescription drugs for the rest of your life.

Oriental medicine offers a unique way to diagnose and treat high blood pressure and cholesterol. Did you know that some of the diagnostic signs your acupuncture physician looks for include: vertical lines on the earlobes, many broken blood vessels on the ears and nose, a horizontal crease across



the bridge of the nose and a central crack on the tongue extending to the tip. The cracks and creases signify that there is a weakness in the energy flow of blood to the heart. A more serious sign would be a stiff tongue body that is bluish in color. Many people don't realize that the tongue is the only visible muscle tissue in the body, a bluish coloring signifies a serious stagnation in the proper flow of blood and high risk for a stroke.

Oriental medical treatment of hypertension and cholesterol can be empowering, educational, relaxing and even fun. How many times have you enjoyed your doctor's visits? How many times has the doctor spent more than a few minutes with you? Many are surprised to find that acupuncture has a relaxing effect that increases overall well-being. And, the information given by an acupuncture physician focuses on knowledge of self-care which can be incredibly empowering. If one knows the correct supplements to take, the foods that will boost your health and self-care exercises to prevent disease then one can prevent the need to always be relying on prescription drugs and doctor visits.

Often we hear of people in Asia living long lives, eating very healthy, staying active and taking herb tonics such as ginseng. The herb ginseng has many vitamins and minerals that are associated with increasing vim and vigor. However, herbs that increase the circulation are traditionally prescribed to stay healthy and vital as we age. Ginseng alone is sticky and rich and especially more difficult to digest as you age and digestive enzyme production has decreased. As an "antiaging" tonic, ginseng would be combined with herbs for circulation, and that way, the nutrients in the ginseng are propelled through the body and able to be absorbed more thoroughly.

As with any disease, prevention is better than treatment. If your blood tests are coming back abnormal, or if the doctor is telling you that you are on the borderline for needing medication, **now is the time to act!** You do have choices and there are treatments out there that do not include synthetic chemicals as part of your daily diet.