

Hulda Clark on High Blood Pressure

Hulda Clark is one of those healers I trust. This section again is dedicated to my very best friend who is unfortunately a religious believer of the pharmaceutical companies.

Hulda Clark in her book *Cure for All Diseases* looks more at the pollution angle due to cadmium as a cause of high blood pressure. Dr. Clark also mentions just like every real healer for people to ingest REAL SEA SALT, not those poisonous factory made “salt” made with pure Sodium Chloride.

This is an excerpt directly taken from Dr. Hulda Clark’s *Cure for All Diseases*:

High Blood Pressure

High blood pressure is one of the easiest problems to correct without resorting to drugs.

The most important change to make is to stop using caffeine as in coffee, tea, or carbonated beverages. Don’t use decaffeinated coffee or tea either because of the solvent pollution in them. Switch to hot milk or hot water if a hot beverage is desired, or any of the beverages given in the recipe section. If being without caffeine leaves you fatigued, take an arginine tablet in the morning (500 mg).

Blood pressure is mainly controlled by the adrenal glands which sit like little caps on top of the kidneys. Whatever is affecting the kidneys is probably affecting the adrenals, too, since they’re so close to each other. You must find out what it is. You could do your search in the kidneys since kidney tissue is available in grocery stores. Adrenal tissue is available on microscope slides. What will you find? Probably cadmium. Search for the cadmium source in your drinking water!

Cadmium comes from the metal pipes. In fact, you could scrape a galvanized pipe to get a cadmium test substance. Conducting or storing drinking water in containers of metal is as foolish a practice as eating food off the floor. Water picks up everything it touches simply because it is wet! You may not see what it picked up any more than you can see if it has picked up sugar or salt. The cadmium and other metal is dissolved in the water. The older the pipes the softer, more corroded they are, and the more metal is picked up as the water rushes by. If you find cadmium in your hot or cold water, you will never be able to filter it out. Nor should you switch to bottled water. The amount of cadmium in your clothing from doing laundry with this water is already too much for your adrenals and kidneys. Change your galvanized pipes to PVC plastic. If you believe you already have plastic pipes or all copper (which leads to leukemia, schizophrenia and fertility problems) you will need to search every inch of plumbing for a very short piece of galvanized pipe left in the system! A piece as short as a 2 inch T or Y can be causing all the trouble.

The toxicity of cadmium, in fact, the high blood pressure connection, has been known a long time. After finding the cadmium, start on the kidney cleanse. You might miss the cadmium problem if you don’t attend to it first. Also remove all metal from your mouth.

All (100%) cases of high blood pressure I have seen could be easily cured by eliminating cadmium and other pollutants, followed by cleansing the kidneys.

To test whether you still need your blood pressure medicine, wait until your pressure is down to 140/90 or better. Then cut the dose in half. Check it again next day. If it has climbed back up you are not ready; go back to $\frac{3}{4}$ or a full dose of medicine. Try again a few days later. If your blood pressure stays down, cut your medicine in half again (you are now down to $\frac{1}{4}$ the regular dose) and see if your blood pressure

stays improved. When you are down to 130/80 go off completely. But stay on the kidney herb recipe. At 120/80 try yourself on a few shakes of sea salt. The amount of salt eaten, once the pressure is down, has little influence. In fact increasing salt intake improves energy without raising blood pressure. Take no more than one teaspoon a day (2,000 mg sodium), total, including cooking. Better yet, make a salt that is a mixture of sodium and potassium chlorides (see Sources). Mix it for yourself in a 1 to 1 ratio or whatever your taste can accept. The sodium portion could be sterilized sea salt (test and make sure it has no aluminum silicate in it first).

Mold toxins have specific kidney effects! Especially T-2 toxin, found mostly in dried peas, beans and lentils. Rinse these thoroughly first, throw away shriveled ones, and add vitamin C to the cooking water. All cases of serious kidney disease show a build up of T-2 toxin. Be extra careful to avoid moldy food (read Moldy Food, page 381).

High Blood Pressure Cure Cases

Bala Cuzmin, age 72, had high blood pressure for ten years but the upper (systolic) pressure remained high in spite of various medicines that were tried. She had three kinds of kidney stones and only one functional kidney. She stopped using caffeine, switching to arginine tablets to get over the let-down. Her diet was changed to reduce phosphate and add calcium, and she took magnesium and Vitamin B6 to assist the kidneys. She was very anemic and her mean cell volume (MCV) was high due to Ascaris infestation. She killed parasites, cleansed kidneys but saw no drop in blood pressure which stayed at 150 to 170 systolic. Her adrenal glands were choked with copper and platinum. She had all the metal in her mouth replaced and promptly saw a blood pressure drop to 145-150. Three months later it was at 128 to 133 on half her medicine. She had not been tested for T-2 toxin yet, nor changed her copper water pipes.

Sabrina Patton, 66, had a long list of health problems, including high blood pressure for six years. She was on CorgardTM and diazide drugs which kept it down to 140-160/74-80. She had phosphate crystals in her kidneys and was started on kidney herbs and a diet change to include milk and exclude soda pop. She had high levels of mercury and copper in her immune system. She was feeling so much better after the kidney cleanse that she decided to remove her last fillings and replace her bridge, too, since it was shedding ruthenium. On her way home from the dentist, her ears stopped ringing and soon her blood pressure was down to 126/68. She was still on half a dose of drugs because she was too afraid to go off entirely. But when her pressure stayed down she found the courage to go off completely. This gave her the energy she wanted to play basketball with the grandchildren again.

Rolf Ehrhart, 61, had 80% blockage of heart arteries and high blood pressure for which he was on a HydropresTM patch, TenorminTM, and LogolTM (diuretic). He had phosphate and uric acid crystals in his kidneys. He was started on kidney herbs followed by the parasite herbs. His Ascaris and flukes were zapped. He stopped using store-bought beverages. Then he could cut back on his medicines, measuring his blood pressure daily to guide him. After seven weeks it was down to 140/85, so he decided to do without medicine, a bit early. He was also getting chelation therapy and was now able to walk 2-4 miles a day. His next chore, which he approached gladly, was removal of all metal from his mouth. Len Gerald, 45, was on VasotecTM for high blood pressure. He was constantly sleepy; his blood test showed a low thyroid level in spite of being on EuthyroidTM. He was started on kidney herbs followed by parasite herbs. In two weeks, barely into his program, his blood pressure dropped. He had to go off his blood pressure medicine. It stayed at 126/80. He still had some Ascaris and other health problems but was highly motivated to clean them up, too.