Blood Pressure 1

Calming Support

Blood Pressure 1 is built around Dr. Shook's traditional Calming Herbal Food Compound — a blend designed to ease the physical and emotional stress that so often drives blood pressure up, while gently supporting the kidneys and vascular system at the same time.

This Herbal Combination:

- Supports the nervous system during stress
- Helps calm tension in the vascular system
- Supports healthy kidney and fluid balance
- Traditionally used to support healthy blood pressure

BOTANICAL INGREDIENTS:



Valerian Root

Traditionally used to ease nervous tension and support restful sleep, Valerian has long been a foundation herb for calming an overactive nervous system without dulling it.



Licorice Root

A sweet, soothing root historically used to support adrenal function and calm the body's stress response, while lending a pleasant flavor to the blend.



Buckthorn Bark

Traditionally used to gently encourage bowel movement, helping the body carry off what it no longer needs as part of a calming, clearing program.



Speedwell Herb

An old European herb traditionally used to support healthy circulation and calm nervous tension.



Linden Flowers

A traditional European calming herb, long used to ease tension, support healthy blood vessels, and promote a sense of relaxation.



Rue Herb

A traditional nervine herb historically used in small amounts to help calm the nervous system.



Goldenrod

Traditionally used to support healthy kidney and urinary function, helping the body clear excess fluid.

HOW IT WORKS

Blood Pressure 1 pairs calming nervine herbs with gentle support for the kidneys and bowels, addressing stress-driven blood pressure from more than one direction at once — quieting the nervous system while helping the body clear what's adding to its load.

Note

Rue Herb has traditionally been avoided during pregnancy. Members who are pregnant or may become pregnant should not use this formula without first speaking with a qualified healthcare provider.

Dosage

½ to 1 teaspoon in water or juice, up to three times daily.

How The Blood Pressure Formulas Work Together

Blood Pressure 1, 2, and 3 aren't designed to force blood pressure down — they work to clear the underlying cause that's driving it up in the first place. When the cause is physical or emotional stress along with a vascular system that needs clearing, Blood Pressure 1 and Blood Pressure 2 work well together. Blood Pressure 3 adds a boost to either formula for a bigger push in a member's healing program.

A Word From Dara

Many HEAL members use Blood Pressure 1, 2, and 3 successfully as part of a complete healing program. But herbs alone aren't the whole picture — members who don't also support their bodies with a proper food program often find these formulas can't do the job alone. You cannot be healthy while breaking the laws of health.

This information is provided for educational purposes and reflects traditional herbal use. It is not intended to diagnose, treat, cure, or prevent any disease, and is not a substitute for professional medical advice.

For more on this formula, see my blog post “Clearing What Drives Blood Pressure Up” at www.daradietz.me.