# Blood Pressure 2

Arterial Support

Blood Pressure 2 is built around Dr. Shook's traditional Arterial formula — a blend designed to help clear the vascular system itself, supporting the arteries as they carry the load of daily circulation.

## This Herbal Combination:

- Supports arterial and vascular health
- Helps the body clear waste from the vascular system
- Supports healthy bowel elimination
- Traditionally used to support healthy blood pressure

## BOTANICAL INGREDIENTS:



### Sassafras Bark

A traditional blood-purifying herb long used in American herbalism to support healthy circulation.



### European Goldenrod

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



### Buckbean

Traditionally used as a bitter tonic to support digestion and liver function, helping the body process and clear waste.



### Black Cohosh

Traditionally used to support healthy circulation and ease tension in the vascular system.



### Poke Root

A traditional lymphatic and blood-purifying herb, long used to help the body clear congestion from the vascular and lymphatic systems.



**Senna Fruit**

Traditionally used to encourage regular bowel movement, supporting the body's ability to carry off cleared waste.



**Buckthorn**

Traditionally used as a gentle bowel-clearing herb, working alongside Senna Fruit to keep elimination moving.



**Cassia Bark**

A warming traditional spice herb used to support circulation and add gentle warmth to the blend.

## HOW IT WORKS

*Sassafras has a long history of traditional use as a blood purifier and tonic. In the 1960s the FDA restricted its sale after safrole, one of its natural compounds, was linked to cancer in laboratory animals given extremely high doses — a finding many herbalists, including Dr. Christopher and others, believe does not reflect the herb's safety record across centuries of traditional, moderate use. This is historical background, not medical guidance.*

Because Blood Pressure 2 is built to clear waste out of the vascular system — waste that the liver has to process and the bowels have to carry out — this formula is also traditionally helpful as an aid for constipation. Senna Fruit and Buckthorn encourage the bowels to keep moving, which supports the formula's own core purpose: keeping the body's elimination pathways clear while it does deeper vascular-clearing work.

## Additional Herbal Suggestions

- Add a pinch of Cayenne to meals or take it separately to help move the blood and support circulation.
- Include Garlic in the diet regularly for its traditional cardiovascular support.
- Wheat Germ Oil is a traditional source of vitamin E, historically used to support healthy blood vessels.
- Avoid liquor, tobacco, and late hours, all of which place extra strain on the circulatory system.

## 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.

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*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.*