Blood Pressure 3

Circulation Support

Blood Pressure 3 is built around Dr. Christopher's traditional Circulation Support formula, led by Cayenne — an herb with a genuinely standout property: rather than simply pushing blood pressure down, it traditionally works to equalize it, supporting the body whether pressure is running high or low.

This Herbal Combination:

- Supports healthy circulation
- Traditionally used to equalize blood pressure, whether high or low
- Supports the body's overall vascular tone
- Traditionally used to support healthy blood pressure

BOTANICAL INGREDIENTS:



Ginger

Traditionally used to warm the body and support healthy circulation.



Cayenne

Traditionally used to equalize blood pressure, supporting the body whether pressure runs high or low, and to stimulate healthy circulation throughout the vascular system.



Golden Seal

Traditionally used to support the mucous membranes and healthy fluid balance throughout the body.



Ginseng

A traditional tonic herb long used to support overall vitality and the body's resilience to stress.



Parsley Root

Traditionally used to support healthy kidney function and fluid balance.



Garlic

A traditional cardiovascular herb, long used to support healthy circulation and blood vessel function.

HOW IT WORKS

Cayenne is the standout herb in this formula. Traditionally, it doesn't simply lower blood pressure — it works to equalize it, meaning it can help bring elevated blood pressure down while also helping support healthy circulation for those running low. Combined with Ginger's warming, circulation-supporting action, Golden Seal and Parsley Root's traditional support for fluid balance, Ginseng's traditional tonic support, and Garlic's long history of cardiovascular support, this formula is built to give the vascular system a genuine boost.

Cayenne's warming, circulating action can also bring a supportive lift to members doing blood-purifying and cleansing work elsewhere in their healing program.

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 — it can be combined with either Blood Pressure 1 or Blood Pressure 2.

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.