

Special Report: Burn More Fat With Lower Blood Pressure!

***Frank Mangano Reveals How High Blood Pressure Can
Reduce Fat Burning And Contribute To Joint Pain...***

***Read On To Discover Three Proven, Very Effective, All-
Natural Ways To SAFELY Lower Blood Pressure While
INCREASING Fat Burning, EASING Joint Pain And
IMPROVING Your Overall Health!***



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Medical Disclaimer

The information within this special report is intended as reference material only and not as medical or professional advice. Information contained herein is intended to give you the tools to make informed decisions about your lifestyle and health. It should not be used as a substitute for any treatment that has been prescribed or recommended by your doctor.

Frank Mangano is not a healthcare professional, and expressly disclaims any responsibility for any adverse effects occurring as a result of use of the suggestions or information herein. This special report is offered as current information available about high blood pressure (hypertension) and health management for your own education and enjoyment. If you suspect you have high blood pressure, it is imperative that you seek medical attention. And, as always, never begin a dietary or exercise program without first consulting with a qualified healthcare professional.

You're not reading this special report by accident. You found this special report because you have a sincere interest in lowering your blood pressure and improving your overall health. That's good. I want you to pay very close attention to what you're about to learn in the next few minutes because chances are you've been kept in the dark about what you're about to learn.

In short, when you look at the overall picture of this study it simply means that ***high blood pressure can lead to greater cravings for carbohydrates, which means less fat burning.*** The biology would dictate, according to this study, that the body might crave more carbohydrates if blood pressure is high.

High Blood Pressure Leads To Less Fat Burning, Study Concludes...

I want to begin by talking about an eye-opening study that was conducted by researchers at the Washington University School of Medicine in St. Louis and can be found in the *Journal of Nuclear Cardiology*.

This research shows that the heart muscle in diabetic people relies heavily on fat to use as energy. Now fat is useful as fuel. However, burning it starts an extraordinary requirement for oxygen in diabetics and the heart becomes more susceptible to the reduced oxygen levels that are associated with coronary artery blockage.

The researchers have also concluded that the heart of an individual not affected with diabetes that has muscle thickening due to hypertension has an energy metabolism in the opposite direction and **doesn't use fat for energy.**

Lisa de las Fuentes, M.D., who led the research, states that a heart with hypertrophy (muscle thickening) will get a lower amount of energy due to the reduced fat metabolism and this in turn **leads them to rely on a larger carbohydrate intake.**

"Carbohydrates produce less energy per molecule than fatty acids," she says. "With hypertrophy, the heart has a higher energy

demand because there's more muscle to feed. With less fat metabolism, a greater reliance on carbohydrates may represent a shift to a less-efficient fuel."

This was a human study on patients who had high blood pressure that resulted in muscle thickening of the left ventricle, which is the largest chamber of the heart that is responsible for pumping blood throughout the body. The study concluded that the higher the muscle mass of the heart with hypertrophy, the less ability to burn fat.

The study helps to show that high blood pressure can actually deter you from burning fat and thus prevent you from losing weight.

Is High Blood Pressure Associated With Joint Pain?

It just may be related, at least according to a recent study done at Brigham and Women's Hospital, a Harvard University research and teaching facility. The study, published in *Circulation*, a journal published by the American Heart Association, looked at the relationship between joint pain, specifically arthritis, and hypertension or high blood pressure. The results showed that there is a correlation between the two. People with arthritis have a lower life expectancy and often suffer from complications of heart disease and blood pressure.

The study found that high blood pressure is often found among those who suffer with arthritis. The risk for heart attack becomes greater the longer the patient has the increased joint pain. This may be due in part to the fact that the inflammation associated with joint pain may be caused by an accumulation of white blood cells, which can in turn restrict the arteries. High blood pressure can make matters worse in these cases.

While those with normal blood pressure levels may not put any additional stress on the joints, those with elevated blood pressure just might. High blood pressure

can put undue stress on most parts of the body including organs such as the heart.

The study examined more than 114,000 women, however, according to Daniel Solomon, the assistant professor of medicine at Harvard Medical School, "There is no reason to believe that this relationship would not be seen in men as well".

Additionally, it is often the case that those with joint pain have restricted movements and reduced physical activity. This can hinder several things including low cholesterol, weight control, heart disease. It seems that these factors work together to create a situation that can create additional health problems. The study notes another study done in Canada, which found that people with rheumatoid arthritis died an average of 17 years sooner than the average life expectancy for the Canadian population.

Indeed it seems likely that high blood pressure can affect many parts of the body including the joints. Reducing high blood pressure can help to in turn reduce the risks associated with it including heart attacks. It may be possible to help the joints to reduce the inflammation when less pressure is constantly being put on them.

One should conclude from this study that when blood pressure is lowered there is

indeed less joint pain. This may be due in part because the blood has a much easier time circulating through narrow passages such as in the joints. Lowering your blood pressure, it can be noted, can help to alleviate joint pain.

Of course, lowering the blood pressure has an important medical impact on many other parts of the body as well. Those who can lower their blood pressure have a significant reduction in the risk of heart attack and stroke.

Tips To Help With Fat Loss, High Blood Pressure and Joint Pain

There are several things you can do right now that can be beneficial.

Essential Fatty Acids

Essential fatty acids are specific fatty acids that are necessary in the body to help keep good health. There are three main types of essential fatty acids (EFAs). These are commonly known as Omega-3 (Linolenic acid), Omega-6 (Linoleic acid) and Omega-9 (Oleic acid). They are also known as healthy fats or good fats. The body needs essential fatty acids to help it break down and attack bad fats and to even repair some of the damage done in the body by bad fats. Research has shown that essential fatty acids can help with fat loss, can help to lower blood pressure and help to decrease joint pain.

Essential fatty acids cannot be synthesized by the body but instead must be obtained through diet. Essential fatty acids can be found in some foods, specifically many types of fish. They are also found in flaxseed oil, grapeseed oil and canola oil. However, the easiest and most reliable way to get essential fatty acids is through a dietary supplement.

A study done by Northwestern University in Chicago revealed that a diet rich in

Omega-3 fatty acids can help lower blood pressure. The study involved 4,680 men and women living in the United States, Britain, China and Japan.

Omega-3 fatty acids are beneficial for reducing joint pain and inflammation according to Dr. Jacob Teitelbaum in his book Pain Free 1-2-3. He states that over the last several hundred years the typical diet has had less and less intake of essential fatty acids. This can be corrected through diet as well as through supplements.

Exercise

Exercise plays an important role in helping to achieve weight loss, control high blood pressure, and alleviate joint pain. Exercise burns many more calories than the body burns in a resting state. In order to produce weight loss the body needs to exercise to use up excess calories. Exercising also helps the body to establish a higher metabolism rate making it easier to burn calories.

Exercise can also help to control and lower high blood pressure. Research has shown that even minimal daily exercise can help to control high blood pressure without medication. The body requires some exercise to keep it functioning at its best.

A study published in the Journal of Epidemiology and Community Health found that thirty minutes of moderate exercise, three times a week, helped to lower blood pressure of the participants considerably. The participants were all inactive when they started the study but were introduced to an exercise regime for 12 weeks. This finding shows that even minimal amounts of regular exercise play a keen role in lowering blood pressure.

Exercise is also an important factor in reducing joint pain. Keeping joints moving helps to keep them limber. People who limited their use of certain joints due to pain actually caused the joints to tighten and harden even further, making further movement even more painful. The solution is to use exercise specific to the type of joint pain you have. Keep the exercises easy and don't overdo the amount of exercise. The idea is to keep the joints moving which in turn reduces the amount of pain you will have.

A recent study published in the journal Arthritis Research Therapy found that exercise can help reduce and in some cases even prevent the joint pain often associated with arthritis. The study targeted those with arthritis and added just small amounts of exercise each week. Those who exercised about an hour and fifteen minutes each week reduced the chances of developing pain

symptoms by 28%. The same study found that more exercise per week, 2 ½ hours per week, reduced the pain symptoms by as much as 46%.

Reishi Mushroom

The Reishi mushroom is an ancient Eastern medicine that has been used for hundreds of years. The healing and medicinal properties of the reishi mushroom are almost endless. It offers help for those with high blood pressure, with weight loss and with joint pain. The best part is that the treatment is natural with few if any side effects.

Experts have found that the reishi mushroom offers protection against heart disease and particularly can lower blood pressure. The reishi lowers triglyceride levels, removes excess cholesterol from the blood and lowers overall blood pressure. A study reported by Burton Goldberg in "The Definitive Guide To Heart Disease" found that patients who had hypertension that was unresponsive to traditional medications were able to lower their blood pressure significantly by taking reishi extract three times a day for just four weeks.

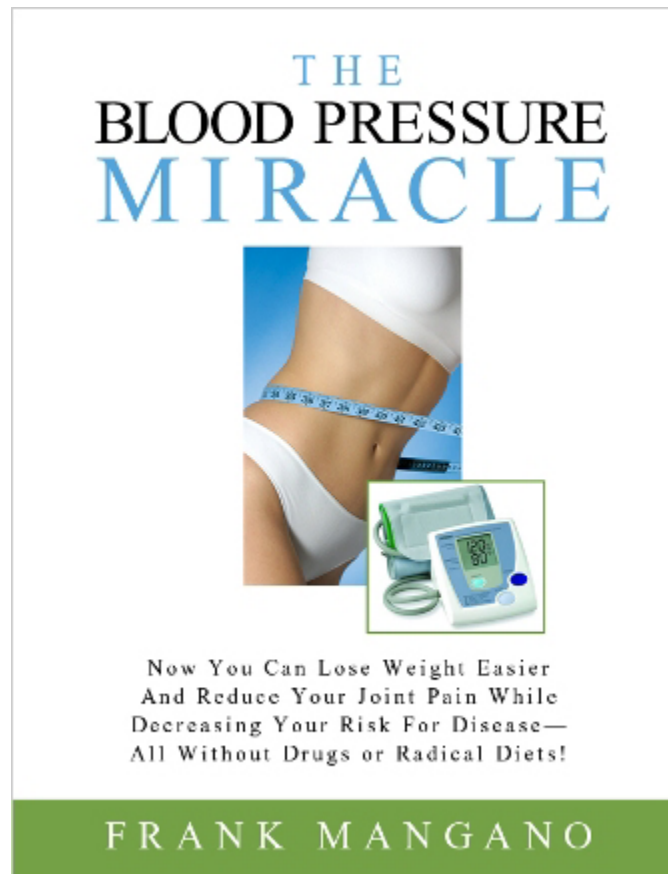
Taking reishi can help you to lose weight. The reishi has diuretic properties that help the body to eliminate water more easily and prevent excess water from being stored. While helping to eliminate water it also acts to provide energy and to maintain

balance and focus, which helps while on a diet.

The Reishi mushroom is a powerful pain reliever for the effects of joint pain and arthritis. Research done by Dr. William B. Stavinhoa of the University of Texas Health Science Center has shown that the pain relieving effects of reishi were as strong as five milligrams of hydrocortisone but with fewer if any side effects.

The Reishi mushroom is strictly used for medicinal purposes rather than for consumption. The mushroom itself is rather hard and woody and has a bitter taste. It is comprised of about 90% fiber that is indigestible. It is therefore most often found in capsule, tablet or extract form. Taking vitamin C with reishi may also boost its medicinal powers.

“Medical Researcher Reveals The Astonishing But True Method of How You Can Finally Drop The Weight You Want, Erase Your Joint Pain, And Even Add Years To Your Life – All By Using These Simple, Inexpensive Tips That Can Lower Your Blood Pressure And Radically Increase Your Fat-Burning Power!”



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