

## **0301D Beta Blockers Handout**

### **What Foods Are Natural Beta Blockers?**

Beta blockers are prescribed to treat heart problems, anxiety such as "performance anxiety" or stage fright, and high blood pressure. They work by blocking adrenaline, but they must not be prescribed to people who suffer from asthma and specific heart or arterial conditions; a doctor's advice must always be sought first.

There are many foods that can act as natural beta blockers. To feel the benefits, it is important to consume these foods as part of a balanced diet.

#### **Fruits, Vegetables and Pulses**

Potassium, like beta blockers, can reduce the risk of hypertension and therefore heart problems. Potassium is found in most fruit and vegetables, but the highest levels are found in bananas, potatoes, white beans, raisins and orange juice.

Pomegranates contain antioxidants that help fight cancer, thin the blood and lower cholesterol levels, therefore reducing the risk of heart disease. Pomegranate juice is becoming popular as a natural beta blocker.

The amino acid GABA is a natural tranquilizer that reduces anxiety and is also used to treat epilepsy and hypertension. It is destroyed by cooking but is found in raw spinach, almonds, walnuts and

#### **Meat, Fish and Dairy**

Red meat, turkey, shellfish and tuna contain the amino acid tryptophan, which reduces stress levels and helps to produce serotonin. Seafood, pork and beef contain the L-arginine amino acid, which reduces blood pressure. Dairy products are good sources of both. Most meats are also good sources of potassium, and beef liver contains the amino acid GABA.

#### **Herbs and Flowers**

Chamomile tea is high in antioxidants and helps to induce sleep and relaxation. The flower and leaves of the passionflower can also be made into a tea that has sedative effects, reducing anxiety and fighting insomnia. Passionflower is also available in capsule form, but medical advice must be sought before taking, as it can have unwanted side effects.

Inula racemosa is an herb usually found at high altitudes that has an analgesic effect. A study by the Department of Medicinal Chemistry at Banaras Hindu University in India found that the root powder of the herb had a beneficial effect on patients with heart disease.

St. John's Wort is used to treat anxiety and sleep disorders, and is available in tablet, tea or liquid form. But it must not be taken before consulting a medical professional first.

## 0301D Beta Blockers Handout

### 10 Natural Alternative Beta Blockers For Great Health

If you thought natural beta blockers didn't exist, think again! For individuals like myself who are opposed to taking medication for the body's well-being, there is hope for those individuals out there who feel completely restricted to medicinal beta blockers. Whatever medicine is produced to help maintain the body can definitely be found in foods and we're about to provide you with a list of ten natural alternative beta blockers for great health.

As an introduction or review, beta blockers can be known by several other names, such as beta antagonists, beta-adrenergic antagonists (or blockers), beta adrenergic receptor antagonists, and some others. Specifically, these are drugs that doctors prescribe in order to treat various types of conditions. Some of the problems and ailments that are associated with beta blocker medications are overactive thyroid conditions, glaucoma, aberrant heart rhythms, high blood pressure (or hypertension), angina, heart attacks (myocardial infarction), migraines, anxiety and a number of other side effects you may not be able to live with.

Beta blockers function by directly approaching the beta receptor. Cells can be found in the heart muscles, arteries, kidneys and other sympathetic nervous system tissues that lead to stress reactions where beta receptors are contained. Responses particularly occur when they are triggered by epinephrine (or adrenaline) and binding of the stress hormones while epinephrine receptors are disrupted by beta blockers. Specifically, cardiac arrhythmias are managed by beta blockers which will help protect those who have already had a first attack, in order to prevent them from having a second.

Plainly put, beta blockers slow down heart pace, reduce the pressure of the contractions of the muscles in the heart and minimize contraction in the blood vessels of the brain, heart and remainder of the body. A patient with angina gets help from beta blockers by reducing the amount of oxygen that the heart muscles need. Beta blocker medication can be helpful with anxiety (especially social) by controlling any shaking, trembling, blushing and rapid heart-rates. While you should always listen to your doctor, you should also consider supplementing your diet with food that leads to a much healthier lifestyle.

Now, we will run through our list of 10 organic foods that act as natural beta blockers:

1) Bananas: It might be interesting for everyone to know that bananas have comparable affects to beta-adrenergic blockers. Their natural and essential mineral of potassium facilitates the body in enhancing the elimination of sodium in the blood which reduces blood pressure and blood amount. Increasing your potassium quantity is helpful for those especially with anxiety because stress will cause the body's metabolic measure to rise and decrease our potassium levels. Additionally, a protein in bananas called tryptophan can be transformed into serotonin which regulates hormones and has a soothing effect on your mood. Vitamin B which is also found in bananas helps to soothe and relax the nervous system in our bodies. They have also been known to help those who suffer from depression, stress, and stress as well.

## 0301D Beta Blockers Handout

2) Pomegranates: Only in recent years has this common fruit and its juice been noticed by studies that show they are a great source of antioxidants that have higher amounts than green tea and red wine. This has made it a more popular fruit among those who are looking for natural alternative beta blockers. An amino acid in pomegranates called GABA works naturally as a tranquilizer that helps in decreasing epilepsy, hypertension and anxiety. Pomegranates are also fantastic for fighting cancer, boosting your digestive condition, promoting blood circulation and protecting your cardiovascular health.

3) Passionflower: This is highly used within medications because it naturally works as a beta blocker especially where anxiety is concerned. Specific elements found within passionflower are found to be relaxing to the human body and is ideal for treating insomnia, tension, stress and other conditions that relate to the blood pressure and heart. It can reduce pain and relax muscles and therefore is most commonly used in a tincture or capsule form.

4) Chamomile Tea: Another natural remedy that is high in antioxidants can be found in chamomile tea. This aids in muscle relaxation which induces sleep and helps to combat free radicals in our bodies. As a result, anxiety and stress can be noticeably reduced as well as the blood pressure is lowered.

5) Turkey: Turkey meat is a fantastic source of protein that in turn provides our bodies with crucial amino acids (great for battling anxiety). One serving of turkey offers 65% of the body's required protein intake. Vitamin B is also found in turkey which helps steady blood sugar levels as well as relieve pressure put on the nervous system. The selenium that is found in turkey helps in antioxidant defense which prevents certain cancers and decreases stress on the body. Who would've thought turkey would have been packed with so many great health benefits?

6) Potatoes: Quite often people look at potatoes as a starchy and fattening food that should be eaten in smaller amounts. If you can keep them away from the deep fryer then potatoes are a great source of powerful nutrients and antioxidants. Potatoes actually give us double the amount of potassium than a banana which makes them great for fighting against high blood pressure. Eating potatoes gives the body a good dosage of Vitamin B6 which in part works with enzymes in the body to produce red blood cells and important chemicals needed in our nervous systems.

7) Oatmeal: Grandmother always told us that oatmeal was good, but as children we could only take her advice without truly understanding all the reasons why. Oatmeal is known to contain lignans which help to safeguard our bodies against cancer and heart disease. The intestinal flora in our bodies will convert oatmeal into mammalian lignans which protect hormones and other important parts of the body. The antioxidants in oatmeal are what deal especially with the heart and greatly gives a jolted boost to our immune system. All of these factors make for a great natural beta blocker.

## 0301D Beta Blockers Handout

8) Broccoli: If you want to talk about a wonderful food for so many parts of the human body, broccoli is it! Broccoli possesses a rich source of potassium which facilitates the optimal brain functions and helps preserve a healthy nervous system. Muscle growth is also encouraged because of this magnificent food. For the blood pressure, magnesium and calcium are also found in broccoli which helps as a regulator. There are just too many benefits of broccoli to list, but they also contain carotenoid lutein which slows down and prevents the arteries from hardening. Ideally, this fights against heart disease and strokes. When it comes to a beta blocker, you can't let broccoli pass you by.

9) Valerian Root: For hundreds of years, valerian root has been used for greatly improving health benefits. It should first be warned that it might be best to talk to a physician or someone with extensive knowledge of valerian root before you start taking it. Valerian root is often used for people with sleeping troubles and in turn this root battles the levels of stress that take their toll on the body. Not only does it help you rest but it enhances sleeping quality and effectively fights for people who suffer with anxiety. Valerian root is taken in natural ways (often in tea before night time sleep) and is believed that compounds in this plant are able to bind themselves to the mind receptors. Bottom line, sleep is very crucial for those who suffer from anxiety, stress and heart conditions.

10) Tuna: For those out there who are fish lovers, tuna is a great source of protein which comes with 23 grams in the size of a serving with 3.5 ounces. When eaten in suitable amounts, tuna greatly reduces chances for strokes, high blood pressure, cancer and obesity. As well, tuna provides B vitamins that help build our red blood cells and increase our energy and immune system. All of these elements combined are a great way to protect the blood and heart which make an effective beta blocker.