



OPTIMUM CHOICES, LLC
Healthy choices for people and pets

Blood Pressure and Bio-Algae Concentrates (BAC)

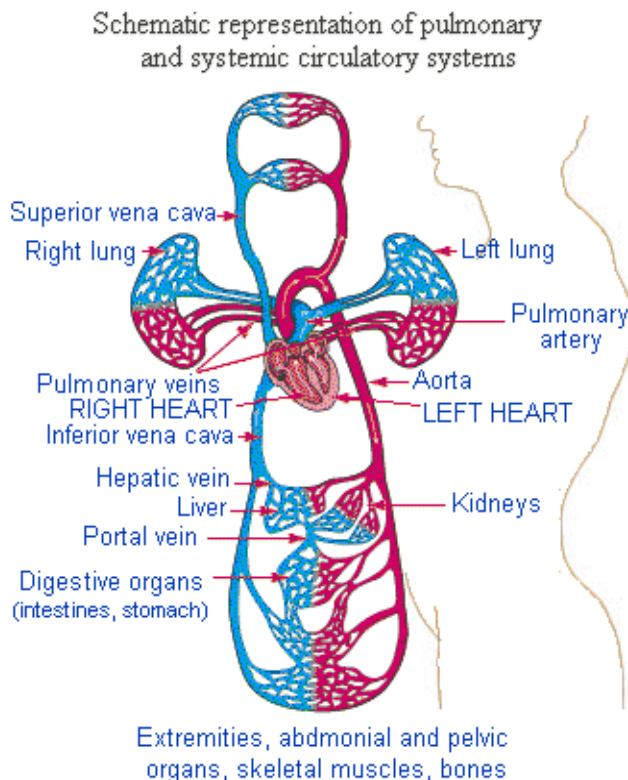
(Research taken from www.TheMagicisBAC.com)

There are many diseases and conditions: cancers, high blood pressure, obesity, fibromyalgia, CFS, IBS, etc. Most people and their doctors/practitioners revert to one or many remedy (medications, supplements, herbs, energy medicine, etc.) for treating these diseases and conditions. Usually these remedies are aimed at alleviating or controlling the symptom(s) as in the case of blood pressure medication and insulin for diabetes, while the initial causes of these conditions are not addressed.

(www.themagicisbac.com/page1.html)

The holistic view of cardiovascular disease

If you really want cardiovascular health, you have to look not only at the conventional and/or the popular view, but you must look at the holistic and systemic view. We humans and animals are self regulating organism made up of trillions of cells that are each self regulated. These cells make up organs that are somewhat self regulating while all cells and organs are also subject to the regulating glands and overseeing organs thalamus and hypothalamus.



There are relationship between the heart and other organs, between all organs and the endocrine system, and between the endocrine system and the hypothalamus that cannot be ignored. Yet all of these organs and systems are made of cells; hence the importance of cellular health and vitality.

If the heart is compared to a motor, then the adrenal gland pumps out adrenaline hormones as gasoline and the thyroid gland with its regulating hormones is like the carburetor. The pericardium and vagus nerve are the electrical pulse and spark that lead the heart to pump harder and pump more oxygen. When the thyroid that controls the rate of the metabolism is overactive, then the hearts beat more rapidly. When it is low, the heart beats slowly and the person feels tired. The pituitary is the steering mechanism over

these glands while the hypothalamus is the driver. The hypothalamus receives feedback from all systems, it monitor and regulates all metabolisms including homeostasis.

Acutely involved in cardiovascular health are the pancreas, the liver and the kidney. Chronic blood sugar elevation is a risk factor for coronary artery disease. Both the liver and the kidneys are involved in filtering the blood and when these organs are themselves exhausted and cannot cope with the toxic load in the blood that places great strain on the heart. When the glomeruli (small filters) in the kidneys become clogged, the arterial blood pressure goes up. When the liver is congested, pressure builds up in the veins. The heart must try harder to push the blood through the kidney filter. So you see that too much attention is placed on cholesterol or the heart itself while abnormal liver and kidney conditions are ignored. In order for cardiovascular health, one must take care not only of heart health, arterial health, but also of liver, and kidney health, endocrine system and hypothalamus health.

The shortest route to achieve this is via prevention and repair through optimum cellular nutrition. The importance of avoiding overeating, fatty foods, junk foods, and to introduce exercise is critical.

BAC contains many nutritive agents that are known to contribute to prevention and reversal of cardiovascular health problems. Nutrients and their benefits for the heart cannot be separated and singled out as in reality they all work in harmony in our body. All nutrients that contribute to cellular health are necessary and good for the heart. Let's not forget that the heart is made of cells. When the cells of the heart are doing well, then the heart may have a fighting chance.

When put together, several ingredients in BAC are a mighty force against cardiovascular health problems. Beta-carotene, GLA, iron, Mucopolysaccharides are credited with:

- improving elasticity of heart tissues
- lowering of blood pressure
- increasing protection of the vascular system
- prevention and reduction of "bad" cholesterol
- preventing atherosclerosis
- strengthening body tissues, especially connective tissues
- making body tissues more elastic and resilient
- strong anti-inflammatory effects
- reinforcing the tissues of the heart
- guarding against arterial deterioration
- protecting the vascular system by lowering blood fat

(<http://www.themagicisbac.com/page24-03.html>)

BAC—Rich source of essential fatty acids (EFA)

Essential fatty acids (EFA) “the good fats that heal” are the fats you’ve been increasingly hearing about in recent years. Your body can't live without them. They’re needed for a healthy heart, a healthy nervous system, a healthy immune system and especially a healthy brain (the human brain is around 80% fat).

The essential fatty acids sometimes called vitamin F, include linoleic, linolenic, arachidonic acid and many more. Some are used by the body to manufacture Prostaglandins, the hormonal regulators of blood pressure and capillary resilience.

The human body uses fatty acids from food for building tissues and for specialized functions such as the production of prostaglandins, localized tissue hormones. One major group of fatty acids is called essential fatty acids, which are polyunsaturated, and include two major groups, omega-3 and omega-6 fatty acids. They are called "essential" because the body cannot make them but must get them from food.

The terms Omega-3 and Omega-6 actually designate two families of fatty acids; the former has the first double bond on the third carbon from the end of the fatty acid chain and the latter has the first double bond on the sixth carbon from the end of the fatty acid chain. The first fatty acid in the omega-6 family is called linoleic acid. It contains 18 carbons and has 2 double bonds.

The essential fatty acids are involved in respiration in all the cells, and are especially important to oxygen transport. They affect the health of the hair, skin and nails, and help break up cholesterol in the blood stream. They are not dangerous fat but are absolutely vital to health.

Most of us think of these oils coming from fish or seeds. That's why I was pleasantly surprised to learn that bio-algae concentrates contain Omega 3, 6, 9, GLA and several more including some yet undocumented or undiscovered. It is especially high in GLA, which is a critical nutrient that is universally lacking in the American diet.

www.themagicisbac.com/page9-00.html

BAC contains the most complete offering of natural plant derived minerals and trace minerals

Although proteins are the building blocks of life, humans need dozens of essential trace minerals for the functioning of enzyme systems and many other physiological functions. Deficiency of trace minerals in the typical diet are thought to be widespread in many minerals and trace minerals which can profoundly affect health and metabolism.

MAGNESIUM: Deficiency can lead to spasmodic muscle disorders, including cardiac irregularities. Helps assimilation of vitamin C, B vitamins and protein. Magnesium facilitates absorption of calcium and helps regulate blood pressure. Gram for gram, BAC is one the most concentrated magnesium foods.

SODIUM: Sodium is an element that the body needs to function properly. The body uses sodium to regulate blood pressure and blood volume. Sodium is also critical for the functioning of muscles and nerves. Some people are concerned about sodium in their diets, and have therefore avoided seaweed foods such as nori, wakami and kombu. These kelp foods are very nutritious, but they do contain significant sodium amounts. The microalgae of bio-algae concentrates contain very small amounts of natural sodium and thus serve the important need of the body while avoiding the danger of too much sodium.

www.themagicisbac.com/page8-01.html