

Blood pressure (Blutdruck)

Rena Palloff—California, August 2003

My sister's (Paula Sklar, Arizona) blood pressure shot up to 160/93-4 and it stayed that way until she started taking jiaogulan (pills)—within one week it went down to 135/80, now it is 125/75. She's been on it for two months now.

WT Patterson—Arkansas, July 2003

In 20 days or less I dropped my total cholesterol 57 points—from 280 to 223. My blood sugar is down from 153 to 77, and my blood pressure is stays around 118/70 from 140/70. I drink the tea and also take the pills. This is the best thing I've ever run in to.

Barbara Burns—Montana, April 2003

After taking the jiaogulan pills for about a month my borderline high blood pressure went to normal and has been there for about a year now. My cholesterol also went down to normal—even while I have been somewhat overweight.

Jo Anne Long—Pennsylvania, April 2003

It seems to be working for my blood pressure. I've been taking it for a year—1 pill 3 times a day.

Rodger Bailey—Texas, April 2003

It helps my blood pressure. I've been taking jiaogulan capsules for about a year, along with a diuretic blood pressure medicine. Without jiaogulan the medicine only keeps by numbers at about 150/100, but with jiaogulan I stay steadily between 130-140 over 80-90, just high of normal. I'm very satisfied to not have to take any stronger blood pressure medicine.

Blair Moser II—California, March 2003

My blood pressure has gone down from 130/88 to 120/78 after taking the jiaogulan pills for about 2-3 months.

Gwendolyn Claxton—Florida, March 2003

I have been taking your capsules and have seen great results with my high blood pressure and cholesterol. I also have more energy. Thanks a bunch.

Margaret Offutt—Georgia, February 2003

I forgot to ask you, if I am taking the capsules 3x per day for my blood pressure, should I also be taking my medication. I must admit that I have not been taking my blood pressure medicine regularly and my pressure is normal.

Bobbi Moses—Alaska, February 2003

I started taking your Jiaogulan Standardized Gypenosides around the time of my yearly check-up when my doctor told me that my cholesterol and blood pressure were high and I should do something about it. I kept taking the jiaogulan till my next yearly check-up and the doctor said both were now acceptable.

Marvin Swinford—Kentucky, January 2003

Previously my blood pressure was usually running about 142/114. After about a month of taking your jiaogulan capsules my blood pressure was down to 116/78, and I could even feel it physically, especially during my workouts—and with zero side effects.

Marsha Johnston—Missouri, January 2003

My blood pressure has been erratic, going up high and coming down. Now after taking 1-2 capsules of your Standardized Gypenosides per day, it more even and a bit lower. I feel much calmer, more peaceful, and also I am not having as much problem falling asleep.

Update, July 2003

After taking the jiaogulan capsules since January my blood pressure has dropped quite a bit. It was about 140-5/80; now it is 124/70. And I'm still sleeping better at night.

Pete Ramirez—Texas, October 2002

I have been taking jiaogulan (capsules) for almost six months now and I can honestly say that the product has improved my overall health. I'm off my blood pressure medication. My energy levels are back. Blood pressure is down to 122/78.

Steve Scallion—Virginia, October 2002

My systolic blood pressure was around 220. It's (Jiaogulan Capsules) taken it down to 170 within

about a month.

Maria Saenz—Texas, October 2002

Before taking jiaogulan (capsules), at night I could feel my blood pressure throbbing in my head. Then after taking it, it became normal. I was a borderline diabetic, but now have not had any problem. When I stopped taking jiaogulan my blood pressure started to go up again.

Willarean Evans—California, September 2002

My blood pressure was higher than when I was younger, although not that high. But, since I have taken these (Jiaogulan) herbal pills, my blood pressure went down to where it was when I was younger. It has been up to 130/82; and with the pills it came down to 117/70. And the interesting thing is that I only take 3 pills at night. Also, I think it has an effect on the immune system, because I have not been getting colds the way I used to, even when other people around me have been getting them.

Jeannette Lewis—Tennessee, August 2002

Your Jiaogulan Herbal Pills have lowered my blood pressure considerably in less than two months. UPDATE—March 2003: The pills are keeping my blood pressure down.

Mary Gae George—Utah, August 2002

Your tea (Premium Jiaogulan) is delicious, and my blood pressure has responded by moving into very safe zones! I recommend your products to many people. I've been drinking the tea for 4 months.

Mike Funaro—Las Vegas, NV, July 2002

I have been taking the Standard gypenosides of Jiaogulan for 3 months now. I have always used a blood pressure medication (last 3 years) that kept my pressure around 130/90. I went to the doctor for the first time since I have been taking the gypenosides and my pressure was 100/70. In all my life I can't remember ever having a pressure that low. My only change has been the Jiaogulan supplements. Must be working.

Annie Davis—Texas, July 2002

I was having trouble getting my blood pressure down. It was approximately 190/103. As soon as I started drinking the Premium Jiaogulan Tea (two bags once/day), it came down, and has been normal that way for about a year. Now it's 130/86.

Robert Herman—California, March 2002

I've been taking Jiaogulan Herbal Pills. After a period of two months my blood pressure went down gradually from 140/90 down to 120/80. That is where it has remained.

Deloris Max, health store owner—Indiana, February 2002

I'm now 62 years old. My blood pressure was 180/95-100. When the natural treatments I tried for it didn't help at all, my doctor put me on some blood pressure drugs. However, the side effects I experienced were horrible—so I stopped. When we brought in your products into our store, I started taking the tea and my blood pressure went down, but it was difficult for me to take the tea very often, so I began taking the Jiaogulan Herbal Pills. I've been taking them for about 4 months. Now my BP is down to about 140/85 and I anticipate that it will go down even further. I've very pleased with the results. I just had a customer tell me that their BP is also down from taking jiaogulan.

Billy Schuelke—Nebraska, August 2001, updated July 2002 (everything the same)

The many blood pressure medicines I have tried caused very bad side effects. The one I am on now is OK, but my blood pressure was not stable. Your jiaogulan capsules kept my blood pressure stable when I take 2 capsules in the morning and 3 in the evening. I wish I could stop the medicine altogether and just rely on jiaogulan, but my doctor is not cooperative in adjusting the dosage of my medicine so I could wean myself off it. The jiaogulan capsules have also helped with stress, energy, and my sex life (erectile dysfunction).

Dr. David Walsh—Alabama, August 2001, Updated February 2002

I'm very excited about your product. I could not believe that it actually helped my PVA (Premature Ventricular Contraction), and within a short time. Not only that; I recently developed high blood pressure and it brought it down. It's still working after six months.

Update—September 2003

I stopped taking your product after I finished the bottles because I was cured and didn't need it

anymore, and I'm still feeling fine to date.

Kenneth Piller, N.D., Bruce Blinzler, N.D.—Coeur D Alene, August 2001.

The main purpose we prescribe jiaogulan is for high blood pressure. Although it did not work on a few patients, we've been treating about 15-20 people with it and it's been successful in lowering and maintaining their blood pressure. A couple of those people have made the comment that they also felt better since taking jiaogulan. There's one gentleman whose medical doctors gave up on him—none of their drugs worked. Nor did any of the alternative treatments that we gave him work, until he tried jiaogulan.

Update —January 2002

They continue to have success with blood pressure patients

Peggy Krohn—Ohio, August 2001

Both my blood pressure and cholesterol were very high when I started taking your Jiaogulan Herbal Pills and drinking 3-4 cups per week of your regular jiaogulan tea. I had a checkup after 3 months. My cholesterol was down by a phenomenal 60 points. And my blood pressure was down too. My doctor was thrilled that they were both down because if it wasn't, he was going put me on the medicines. I have since switched to the capsules. My blood pressure is still ok. I will find out soon if my cholesterol numbers are down any further.

Linda Garcia—Florida, August 2001

I've been taking your jiaogulan pills for about a year now. When I started, my blood pressure was about 151/105. Within about 6 weeks it was down to 135/82 and has remained steady there since then. I took 3 pills twice a day at the beginning, and still do. I am very satisfied with these results. As soon as anyone complains of high blood pressure, I tell him or her about jiaogulan.

Anne Koslofsky—New York, January 2001

My blood pressure was 150/90 before I started taking jiaogulan. I am 73 years old. My cholesterol and blood fats are now and have always been normal. I attribute my high blood pressure to the normal affects of aging, plus I now tend to be under a bit more stress than usual, since I have been helping out in my son's law office as a receptionist. I started taking jiaogulan September of 2000. I check my own blood pressure regularly. Within a week or two my blood pressure dropped to 140/85 and now it is down to 130/85 and has stabilized.

Eugene Schooler—Pennsylvania, August 2001

Originally, I was intrigued with jiaogulan's aspect as an adaptogen, a regulator, and am very pleased with it. I started taking jiaogulan in July of 2000 when I developed an elevated blood pressure. I took the Jiaogulan Herbal Pills along with other supplements, such as magnesium, hawthorn, carnitine, and taurine. At home, I use a monitor and test myself a few times a day. My blood pressure fluctuates at different times of the day, but on average it is down to what I consider normal. I definitely give jiaogulan a proportional share of the credit.

Dr. Conrad Dean—New Mexico, June 2001

I just called up to say that we've got a problem here. I gave your jiaogulan pills to a patient with high blood pressure. He never called back to report in with me. When I called the patient, he said that his blood pressure was normal. I lost a patient.

Robert Padovani—Ohio, November 2001

Your Jiaogulan Herbal Pills helps bring my blood pressure down. My wife and I have been taking the Pills for at least 1½ years. My wife really likes jiaogulan because it helps her to relax. We also like it because it's an antioxidant.

Elizabeth Ford, RN— Florida, November 2000

I am now 62 years old. A long time ago I took ma huang as a diet pill and it took my blood pressure up above 200/102. I immediately took herbs to help reduce it and it came down, but never below 140/90. It fluctuated up and down a bit, but never returned to normal again, even with exercise and chiropractic treatments. Then I spoke to Dr. Janet Maccaro and read her book, Immune System Makeover. After reading her account about your jiaogulan herb, I called her to inquire more about it. She told me to take your product—3 pills, 3 times a day. After a few weeks, my blood pressure was back down to 117/74, and has never gone high again. I am so convinced about it, because I take my own blood pressure regularly, and know how to do it accurately, because of being a registered nurse for many years. Also, my cholesterol went down from 240 to 190, triglycerides became great too; my doctor was floored.

Donna Young, ND; Certified Health Counselor, midwife—Idaho, November, 2000

My second experience with jiaogulan was with my mother, who had a stroke with an inner cranial hemorrhage. Her blood pressure went up to 240/170. After taking the jiaogulan tea pills, her blood pressure normalized to about 140/86 (although it occasionally goes up slightly), her facial droop went away, and her speech became clear. Once, she ran out of pills and thought she didn't need them. Her blood pressure went up to 220/140 in less than a week and her post stroke symptoms started to come back. When she started again on the pills all those symptoms went away within 12 hours. She is now taking the jiaogulan regularly.

John R Morrison—Florida, September, 2000

I am now 83 years old. Until about two years ago I had slightly lower blood pressure than the average. After paying little attention to a rise in blood pressure, I had a small stroke. The good news is that your jiaogulan pills have lowered my blood pressure back to only a few digits higher than my old "normal." Also my tendency toward high blood sugar is completely under control. I do not wish to be without Jiaogulan pills ever again.