

# Re: 1 IN 3 U.S. ADULTS NOW HAS HIGH BLOOD PRESSURE

**Source:** <http://sci.tech-archive.net/Archive/sci.med/2005-01/0392.html>

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**From:** Anth ([anon\\_at\\_anon.com](mailto:anon_at_anon.com))

**Date:** 01/08/05

Date: Sat, 8 Jan 2005 17:31:46 -0000

Doesn't this reflect the fact that 1 in 2 people end up with heart disease to some degree or another?

Anth

"Dr. Jai Maharaj" <[usenet@mantra.com](mailto:usenet@mantra.com)> wrote in message  
news:KauJe8780AjSVe@yEB...

> *1 IN 3 U.S. ADULTS NOW HAS HIGH BLOOD PRESSURE*

>

> *Forwarded message from Fidyl <[fidyl@yahoo.com](mailto:fidyl@yahoo.com)>*

>

> *[ Subject: One in 3 U.S. adults now have high blood pressure*

> *[ From: Fidyl <[fidyl@yahoo.com](mailto:fidyl@yahoo.com)>*

> *[ Date: Tue, 4 Jan 2005*

>

> *One in 3 U.S. adults now have high blood pressure; up 30% over the  
> past decade*

>

> *By Mike Adams*

> *Tuesday, January 4, 2005*

>

> *<http://www.newstarget.com/002711.html>*

>

> *New health statistics from the government reveal that high blood  
> pressure has climbed 30% over the past decade. The report says that  
> Americans are getting older and fatter and that's causing the number  
> of adults with high blood pressure to rise.*

>

> *I love the intelligence of researchers who make such obvious  
> statements as, 'Americans are getting older.' Of course Americans are  
> getting older. Are there people from any other countries who are  
> getting younger? Of course, what the researchers are really talking  
> about is the age wave in America. They're saying that the demographic  
> curve (the baby boomers "hump") is shifting towards old age, so  
> there's a greater percentage of the population older today than 10  
> years ago.*

>

> *But that doesn't account for high blood pressure. There's nothing  
> pre-programmed in the human genome that says as people get old they  
> automatically get fat and have high blood pressure. To say that  
> Americans are being diagnosed with high blood pressure simply because  
> they are chronologically aging is truly junk science. They're getting  
> high blood pressure because their diets are getting worse and they're  
> avoiding physical exercise. It's happening because people are eating  
> more processed foods and they're being dosed up with more  
> prescription drugs that actually cause destructive side effects in  
> their bodies.*

>  
> *Of course, it is true that Americans are getting fatter, and it's no  
> secret why. The average American purchases apparent weight loss  
> products like SlimFast, which has more sugar in it than the  
> circulating blood of a 14-year-old ADHD child. When people go out and  
> buy so-called diet products that have table sugar as their primary  
> ingredient, and when these products somehow manage to achieve  
> priority placement on the shelves of grocery stores and retailers  
> like Walgreen's, it's downright amazing that the whole country isn't  
> overweight. We're not far from it, actually: 66% of the adult  
> population has already reached that status.*

>  
> *But finally, we get some sanity on this from Dr. Daniel Jones, Dean  
> of the School of Medicine for the University of Mississippi Medical  
> Center who says, "The big message to the American public is that we  
> need to pay attention to our lifestyle, and those that are overweight  
> need to get slimmer." He may have borrowed that quote, by the way,  
> from the football coach at the University of Mississippi who once  
> said, "We need to move the ball down the field..." -- obviously  
> highly complex football strategy.*

>  
> *Well of course we all need to get slimmer. But the real issue is that  
> we all need to stop talking in circular logic here. We need people in  
> the medical community to start addressing the real cause of chronic  
> disease, which almost always comes down to diet and physical  
> exercise. It's basically just food, exercise and whether or not you  
> can manage to avoid environmental toxins. But yet, in the medical  
> community, you almost never hear diseases described in such terms.  
> Rather, they're busy announcing the latest finding of what gene has a  
> 1% influence on the risks for heart disease or obesity or diabetes.*

>  
> *And besides, did it really take a government-funded research project  
> to realize that the people in our nation are getting fatter and have  
> higher blood pressure? I figured this out one day just by walking  
> through the Denver Airport. All you have to do is basically look at  
> the people walking around and you can reach the same conclusion the  
> government did without spending \$5 million on federally funded  
> research.*

>  
> *So now that 1 in 3 American adults have blood pressure, what are the  
> other two doing? One of those two is busy filling out paperwork for*

- > *the Medicare drug discount card which reportedly requires 500 pages,*
- > *and the other person is working sixteen-hour days to generate enough*
- > *tax revenues to pay for the overpriced healthcare of the first*
- > *person.*
- >
- > *This, friends, is called, "The best health care in the world!" Only*
- > *by naive Americans, of course. Everybody else knows the U.S. health*
- > *care system is the laughing stock of the international community.*
- >
- > *End of forwarded message from Fidyl <fidyl@yahoo.com>*
- >
- > *Jai Maharaj*
- > *<http://www.mantra.com/jai>*
- > *Om Shanti*
- >
- > *Hindu Holocaust Museum*
- > *<http://www.mantra.com/holocaust>*
- >
- > *Hindu life, principles, spirituality and philosophy*
- > *<http://www.hindu.org>*
- > *<http://www.hindunet.org>*
- >
- > *The truth about Islam and Muslims*
- > *<http://www.flex.com/~jai/satyamevqjayate>*
- >
- > *The terrorist mission of Jesus stated in the Christian bible:*
- >
- > *"Think not that I am come to send peace on earth: I came not so send*
- > *peace, but a sword.*
- > *"For I am come to set a man at variance against his father, and the*
- > *daughter against her mother, and the daughter in law against her mother in*
- > *law.*
- > *"And a man's foes shall be they of his own household.*
- > *– Matthew 10:34–36.*
- >
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