

Scientific References

"Blood pressure treatment breakthrough", study available at:

<https://www.bhf.org.uk/what-we-do/news-from-the-bhf/news-archive/2016/september/blood-pressure-treatment-breakthrough>

"The curious case of high blood pressure around the world", article available at:

<https://www.economist.com/graphic-detail/2017/01/13/the-curious-case-of-high-blood-pressure-around-the-world>

"Korean FDA approves InterCure's breakthrough therapeutic breathing device to lower blood pressure", article available at:

<https://www.businesswireindia.com/korean-fda-approves-intercure's-breakthrough-therapeutic-breathing-device-to-lower-blood-pressure-4935.html>

"Hypertension: This 3-Ingredient Ayurvedic Herbal Mixture May Help Manage High Blood Pressure", article available at:

<https://www.ndtv.com/food/hypertension-this-3-ingredient-ayurvedic-herbal-mixture-may-help-manage-high-blood-pressure-1920129>

"The calming effects of Passion Flower", article available at:

<https://www.healthline.com/health/anxiety/calming-effects-of-passionflower#calming>

"Marshmallow Root", article available at:

<https://www.healthline.com/health/food-nutrition/marshmallow-root>

"The whole truth about Corydalis", article available at:

<https://shenclinic.com/pages/the-whole-truth-about-corydalis-with-respect-to-dr-oz>

"Corydalis", study available at:

<https://www.sciencedirect.com/topics/pharmacology-toxicology-and-pharmaceutical-science/corydalis>

"Facts about California Poppy", article available at:

<https://www.healthbenefitstimes.com/california-poppy/>

"Comparison of hypotensive, diuretic and renal effects between cladodes of Opuntia ficus-indica and furosemide", study available at:

<https://www.sciencedirect.com/science/article/pii/S1995764517309306>

"Antioxidant treatment normalized carotid body response", study available at:

https://www.researchgate.net/figure/Antioxidant-treatment-normalizes-carotid-body-response-to-hypoxia-in-Hif-2a-mice_fig5_49805460

"Cactus Pear, source of antioxidants", article available at:

<https://www.webmd.com/food-recipes/news/20040819/cactus-pear-superb-source-of-antioxidants>

"The benefits of Nopal", article available at:

<https://www.verywellfit.com/the-benefits-of-nopal-8948>