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Problems associated with currently used hypertension treatment and their potential improvements of excessive blood pressure, blood glucose and body weight by the individualized optimal dose of each medication plus addition of optimal dose of Vitamin D₃ using its unique 7 beneficial effects

As a cause of hypertension, there are 10 causes that are shown by NIH and Mayo Clinic, although role of infection, particularly Chlamydia pneumoniae are not included in these lists. Unfortunately, most doctors give prescribed combination of variety of medicine based on the Physician's Desk Reference, which is also known as PDR. Without figuring out individualized, optimal doses, therefore, prescribed amounts of medications are overdosed for the people over 50 or 60 years old. Usually, optimal dose is proportional to physical activities. In spite of the large body weight, optimal dose is often less than adult with average activity and the actual individual, optimal dose is also often reduced as average adult. As a result, often overweight people with little body movement receive excessive toxic dose of the medication. In addition, there is a general tendency to not only test each drug's optimal dose, but they also do not examine drug interaction which may create toxic effect. We see this often and our study indicates that among the infections, which may be associated with hypertension and chlamydia pneumoniae. As a result, for treatment of some of the mild hypertension ends up as more serious problems to hurt brain and the vascular system. According to our study, we found the optimal dose of Vitamin D₃ is essential for many people who do not have sufficient, active form of Vitamin D₃. The author also found Vitamin D₃ deficiency is very common, but many doctors often give excessive dose of Vitamin D₃ instead of optimal dose. Our study with optimal dose of Vitamin D₃ indicated it has 7 unique, beneficial effects, which include significant anti-cancer effects, significant increase in DHEA levels and acetylcholine for those who have a reduced amount and has a very significant urinary excretion of viruses, bacteria, fungi and single-cell parasites, asbestos, mercury and aluminum as well as other toxic substances. We have also recently found that the continuous use of individually determined optimal dose of Vitamin D₃ often reduces both systolic and diastolic blood pressure gradually. Using these unique beneficial effects of Vitamin D₃ we found some of the overweight patients with diabetes and high blood pressure and they were given overdose of medication in spite of the extremely reduced body movements. Many treatments to reduce the body weight failed but by reducing to the optimal dose of anti-hypertensive drugs and anti-diabetic drugs plus optimal dose of Vitamin D₃ for every 8 hours, some patient's blood pressure and blood sugar level became close to normal and body weight significantly reduced. Many attempts to reduce the body weight in the past all failed but just giving optimal dose of all the medication taken, which are compatible with each other without creating toxic effect and adding only optimal dose of vitamin D₃. By reducing each drug to optimal dose and eliminating drugs which inhibit other drugs as well as Vitamin D₃, in a matter of 1 month in some patients we had a very significant reduction of bodyweight, blood pressure. This simple approach should be tried for resistant, hypertensive patients, particularly with high blood sugar or patients who are overweight. At least it is worth trying.

Biography

Yoshiaki Omura is an Originator of Bi-Digital O-Ring Test. He is the President of International Association of Bi-Digital O-Ring Test Medical Societies. He is also an Adjunct Professor of Family & Community Medicine, New York Medical College and President of International College of Acupuncture & Electro-Therapeutics. He is also a Former Director of Medical Research, Heart Disease Research Foundation.

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