

Recent Study Shows Benefits of White Mulberry for High Blood Pressure

November 04, 2014

November 04, 2014 - PRESSADVANTAGE -

One new study from the International Journal of Pharmacology shows evidence of a connection between white mulberry and high blood pressure relief. White mulberry has been used around the world to treat high blood pressure, although virtually no scientific research supported its use until recently.

To test the benefits of white mulberry on high blood pressure, researchers tested various doses of the plant on live animals. Then, the researchers extracted tissue from the subjects to test the effects of white mulberry on cardiac tissue. The findings from the study showed that white mulberry does lower blood pressure and further lowers blood pressure with increasing or consistent dosages.

The results of the study also showed that white mulberry acts by blocking some of the electrical impulses that cause cardiac contractions. The result of this action is lowered blood pressure. Tested against pharmaceutical drug verapamil, white mulberry was shown to possess equal efficacy. White mulberry has no reported adverse effects, but consumers should practice caution when using white mulberry with heart arrhythmia or angina. The same precautions apply to verapamil, one of the medications placed on the World Health Organization's list of most important drugs.

One U.S.-based tea company, The Immortalitea Company, notes that high blood pressure can lead to a domino effect of health problems. "Diabetes, obesity, high cholesterol and high blood pressure are chronic conditions that often occur together. In fact, the Center for Disease Control reports that 62% of American baby boomers have 2 or more of these chronic health problems."

While the company does not provide medical advice, they are excited that the findings of the new white mulberry study support a medical practice that has endured for years. Used in traditional Chinese medicine, white mulberry has been used for treatment of high blood pressure, high cholesterol, high blood sugar, and obesity. Dr. Oz recently featured white mulberry on his show and highlighted its weight loss and blood sugar control properties.

The Immortalitea Company offers fresh teas from Thailand and China, including white mulberry. More information can be found at,

<http://www.immortalitea.com/Immortal-Musings/Stop-Playing-Whack-a-Mole-With-Your-Health>

About The Immortalitea Company

The Immortalitea Company brings the freshest teas from China and Thailand to U.S. consumers. The company offers health-conscious organic and pesticide-free teas such as Jiaogulan, mulberry leaf, and oolong.

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