

# Easy-to-use “smart” device makes it possible to lower blood pressure naturally

written by Ken Walker, M.D. | March 18, 2016

*This article contains sponsored content.*

*From Dr. Hoffman:*

*I’m tremendously excited about this new, innovative natural approach to blood pressure optimization. Yes, diet, exercise, stress reduction and supplements are keys to blood pressure control, but this easy-to-use device promises to add a potent, scientifically-validated tool to help tens of millions of Americans end their reliance on anti-hypertensive drugs. Intelligent Medicine at its best! Read on for more information from our newest sponsor, Zona Health.*

When Jay Dirkx of El Paso, Texas was diagnosed with high blood pressure at the age of 35, it wasn’t a complete surprise. Though generally symptomless, Jay’s strong family history with the disease meant it was something he kept a close eye on – and was determined to keep in check.

Mr. Dirkx made quick and lasting changes to his diet and exercise regimen. He also needed medication to bring his blood pressure numbers down. Yet he still struggled to keep his blood pressure under control. At the same time, as the number of prescriptions he was taking climbed, he says he began to notice unwanted side effects.

“I was so young, and I knew I would be working to keep this under control for the rest of my life,” said Mr. Dirkx. “I needed to find more options.”

Listening to his car radio one day, Mr. Dirkx became intrigued when he heard about a new device called the Zona Plus. He learned it guided people through a patented handgrip therapy that results in blood pressure decreases that are 5-10 times greater than with strenuous exercise.

Because the isometric handgrip therapy this high-tech “smart” device guides people through is so effective, the Zona Plus is getting plenty of attention. It’s been hailed by the Harvard Heart Letter, the Mayo Clinic Health Letter, and the American Heart Association as a breakthrough for lowering blood pressure.

What’s more, at least 22 human clinical studies have shown this patented handgrip therapy can help lower blood pressure by 10% or more within 4 to 8 weeks. This is a big enough drop in blood pressure that it will put most people into the normal zone, and many are able to reduce or eliminate medications.

To get these dramatic results, the Zona Plus puts you through a

scientifically-validated series of handgrip squeezes and rest periods customized to your individual physiology. Because this therapy is so effective, each session can be completed in just 12 minutes. You only need to do it 5 days a week and it can be done from the comfort of your chair.

So how can something so simple be so effective? “What we’ve seen is isometric handgrip therapy clearly impacts blood pressure in many individuals, in very little time per day,” said Dr. Philip J. Millar, PhD, an Assistant Professor at the University of Guelph in Canada. Dr. Miller specializes in clinical cardiovascular physiology and has studied isometric handgrip therapy.

“However, everybody’s physiology and blood pressure-lowering needs are specific. That’s why isometric handgrip therapy requires guidance and monitoring in order to be safe and effective. It’s not as simple as squeezing something randomly – people can overdo it.”

The Zona Plus, a small, handheld device that’s shaped like a joystick, features a computerized screen with easy-to-follow prompts. The device provided Mr. Dirkx with a personalized program of isometric handgrip therapy, based on his unique physiology and needs. It also showed his progress over time, and made adjustments to his routine based on changing requirements.

Six years later, he’s still using the Zona Plus. Mr. Dirkx attributes the addition of isometric handgrip therapy as the turning point in his ongoing mission to control his blood pressure.

“I was already on medication, had already changed my diet, and I was already exercising, so those things remained constant,” said Mr. Dirkx. “When I added in isometric handgrip therapy, I found the combination that really worked for me.”

With nearly 70 million American adults struggling with high blood pressure, and millions more who don’t know they have it, researchers are scrambling to find new options to stem this modern epidemic. Dubbed the “silent killer” because patients typically don’t feel sick, about 1-in-3 don’t have their high blood pressure controlled, putting them at risk for serious health problems like heart attack and stroke.

Researchers and doctors alike now believe the Zona Plus could be the answer. According to the *Journal of Hypertension*, the Zona Plus therapy could decrease the risk of stroke by 46% and coronary heart disease by 29%. That alone could save thousands of American lives each year.

It’s no wonder doctors like Carlos Morillo, MD, a cardiologist, now say using the Zona Plus therapy “should be the first treatment for hypertension.”

The company behind the Zona Plus makes the product available directly to consumers via their website or by phone. Call 1-866-789-9662 or visit [www.TryZonaNow.com](http://www.TryZonaNow.com).

The Zona Plus has an 11-year track record of success and comes with a full money-back guarantee, so the risk of trying it is low while the rewards appear to be high.

"Hypertension is called a silent disease because most people don't feel sick," said Mr. Dirkx. "But I would just say to people, please don't wait. Find out what works for you and get your blood pressure under control."