

# BLOOD PRESSURE

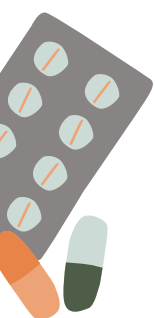
High Blood Pressure (Hypertension) is sometimes called the silent killer because you cannot feel your blood pressure. Measure it regularly so you can know what is your blood pressure!

## LIST



### ↓ HERE ARE SOME TIPS FOR THE NEXT TIME YOU ARE HAVING YOUR BLOOD PRESSURE TAKEN

- Do not talk during the measurement procedure
- Make sure to use the right cuff size
- Remove all clothing that covers the cuff placement
- Support arm and place cuff at the level of the heart
- Be sure to empty your bladder before the measurement
- Make sure to support back and feet
- Do not cross your legs
- Avoid smoking 30 minutes before the measurement



## 2 Remember to take your Blood Pressure Medicines

Blood pressure medicines lower your blood pressure by a variety of means. They have been proven to prevent heart disease, kidney failure, strokes and dementia.

## ! IF YOU LOWER YOUR BP NATURALLY, YOU MAY NEED TO REDUCE YOUR BP MEDICINES.

### ↓ Simple ways to remember to take your medicine daily

- Take your medicine at the same time everyday and build that routine
- Use a pill box with the days of the week. And keep it in a visible place to always remind you

## What is your average blood pressure? 1

IDEAL	110 or less	less than 70
NORMAL	less than 120	less than 80
ELEVATED	120-129	less than 80
HYPERTENSION STAGE 1	130-139	80-89
HYPERTENSION STAGE 2	140 or higher	90 or higher
HYPERTENSION CRISIS	180 or higher	120 or higher

Blood pressure category      Upper number (Systolic)      Lower number (Diastolic Pressure)

## Whole plant foods can be powerful medicine 3

We recommend consuming mostly salt-free diets, low in meat, eggs, processed foods, and high in greens, veggies, and whole plant foods.



## 4 Salt is very important for Blood Pressure

Salt intake of less than 5 grams per day for adults helps to reduce blood pressure and risk of cardiovascular disease, stroke and coronary heart attack

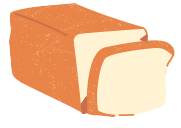





### How can you identify foods high in salt?

Look at labels: should have less sodium per serving than calories.

**! RESTAURANT FOODS ARE ALWAYS HIGH IN SALT**

## ↓ The salty 6

How many salty foods do you eat per day? \_\_\_\_\_





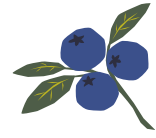

-   
• Bread & rolls •
-   
• Pizza •
-   
• Sandwiches •
-   
• Cold cuts/cured meats •
-   
• Soup •
-   
• Tacos & burritos •



**High Blood Pressure (Hypertension)** may be the #1 risk factor in the world for early death and disability. It is not normal to develop high blood pressure even if you have a family history of high blood pressure! When people live more natural lifestyles, they do not develop this illness even when they grow old. You can too!

## Blood Pressure Superfoods that can help 5

Dark green leafy vegetables like arugula, spinach (high in potassium, magnesium, & nitrites). Sources of magnesium such as green vegetables, intact whole grains, legumes, soy, and potatoes with skin on.

-   
• Flax seeds 2 tbsps daily •
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• Hibiscus Tea 1 cup daily •
-   
• Celery - 1/2 stalk daily •
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• Legumes 1 cup daily •
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• Blueberries 2/3 cups daily •
-   
• Garlic 1/4 tsp daily •

**\*AND DHA OMEGA 3 (DEVA BRAND DHA SUPPLEMENT) 2-3 GRAMS PER DAY**

## Excess Alcohol Intake 6

Drinking too much alcohol can raise blood pressure to unhealthy levels.

**UP TO ONE DRINK DAILY FOR WOMEN  
UP TO TWO DRINKS DAILY FOR MEN**



## Aerobic exercise 7

To keep your blood pressure healthy, you need to exercise on a regular basis. It takes about one to three months to have improvements on your health.

Do at least 30 minutes of moderate intensity activity daily.

