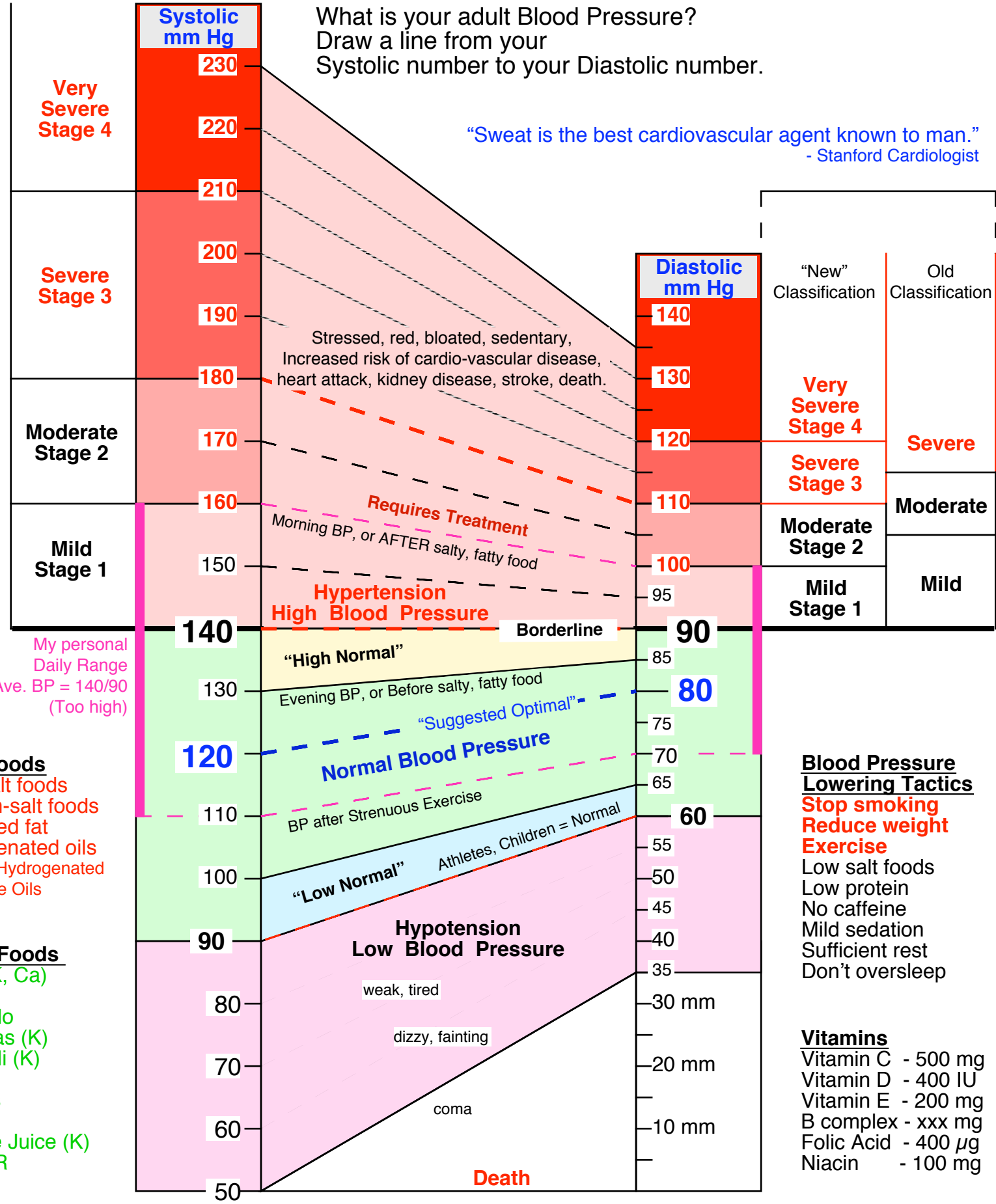


# Blood Pressure Chart

What is your adult Blood Pressure?  
 Draw a line from your Systolic number to your Diastolic number.

“Sweat is the best cardiovascular agent known to man.”  
 - Stanford Cardiologist



My personal Daily Range  
 Ave. BP = 140/90  
 (Too high)

- “No” Foods**  
 High-salt foods  
 Medium-salt foods  
 Saturated fat  
 Hydrogenated oils  
 Partially Hydrogenated  
 Vegetable Oils

- “Yes” Foods**  
 (High K, Ca)  
 Apples  
 Avocado  
 Bananas (K)  
 Broccoli (K)  
 Fish  
 Grapes  
 Oats  
 Orange Juice (K)  
 WATER

- Blood Pressure Lowering Tactics**  
**Stop smoking**  
**Reduce weight**  
**Exercise**  
 Low salt foods  
 Low protein  
 No caffeine  
 Mild sedation  
 Sufficient rest  
 Don't oversleep

- Vitamins**  
 Vitamin C - 500 mg  
 Vitamin D - 400 IU  
 Vitamin E - 200 mg  
 B complex - xxx mg  
 Folic Acid - 400 µg  
 Niacin - 100 mg

- Amino Acids**  
 Co-Q10 - 120 mg  
 l-carnitine - 1000 mg

- Foods**  
 Flax oil - 1 tbl  
 Fish oil- EPA 600 mg  
 - DHA 400 mg

- Herbs**  
 Hawthorne Berry - 1.5 g  
 Garlic - lots (selenium)

- Minerals**  
 calcium - 666 mg  
 magnesium- 266 mg  
 potassium- 2500 mg