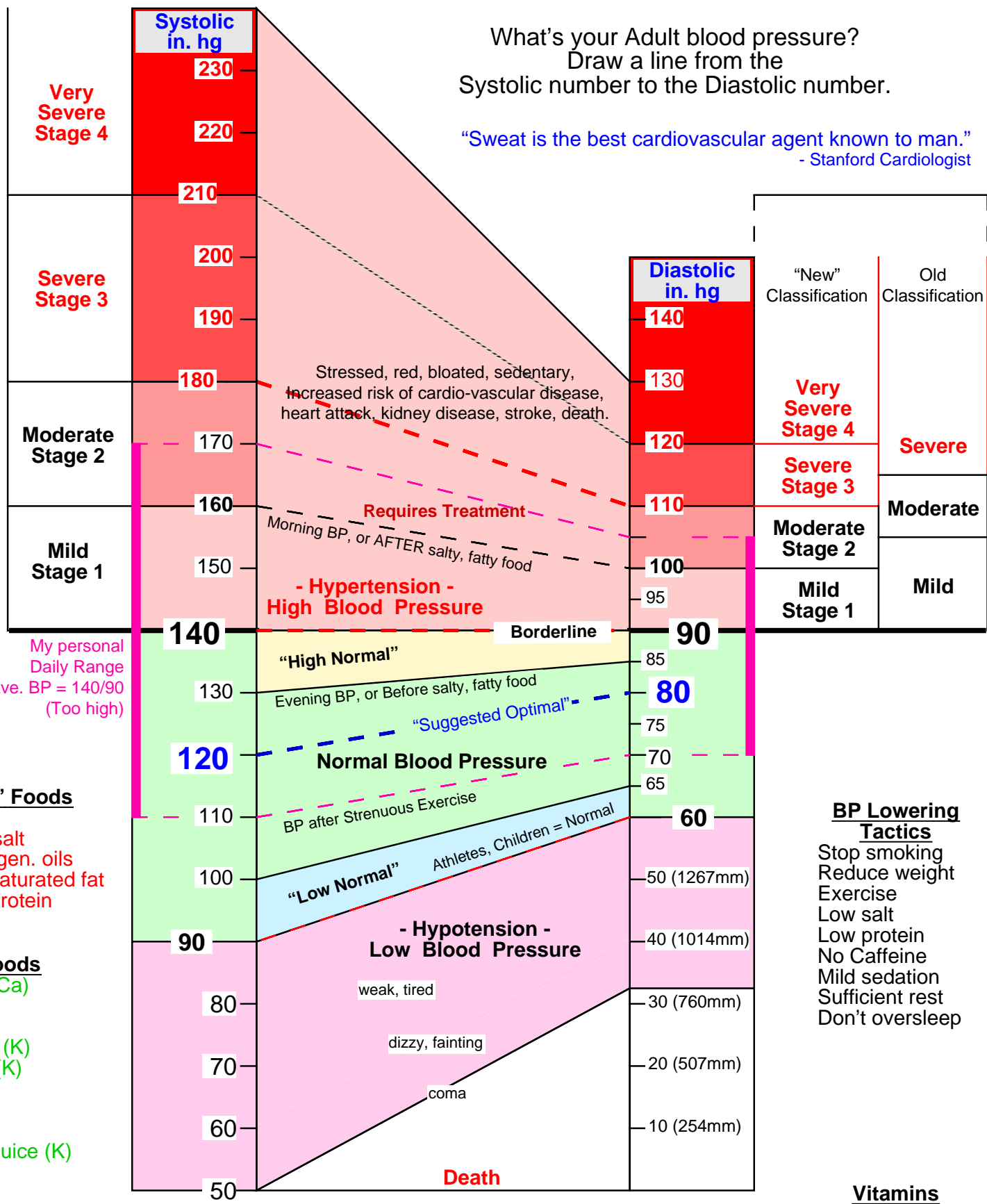


# Blood Pressure Chart

What's your Adult blood pressure?  
Draw a line from the  
Systolic number to the 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
  - Medium-salt
  - No hydrogen. oils
  - Reduce saturated fat
  - Reduce protein

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

- BP Lowering Tactics**
- Stop smoking
  - Reduce weight
  - Exercise
  - Low salt
  - Low protein
  - No Caffeine
  - Mild sedation
  - Sufficient rest
  - Don't oversleep

- Amino Acids**
- Co-Q10 - 120mg
  - Carnitine - 1000mg
  - Taurine - 500mg

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

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

- Minerals**
- calcium - 666mg
  - magnesium - 266mg
  - zinc - 10mcg

- Vitamins**
- Vitamin C - 1000mg
  - Vitamin E - 800mg
  - B complex - big-mg
  - Folic Acid - 800mg
  - Niacin - 100mg