

# HEART HEALTH

HOW TO LOWER BLOOD PRESSURE FOR A HEALTHY HEART



## Blood Pressure Basics:

1. There aren't always obvious symptoms of high blood pressure.
2. High blood pressure greatly increases your risk of coronary heart disease, congestive heart failure, and stroke.
3. An ideal blood pressure is 120/80 or lower.
4. A blood pressure that is consistently 140/90 or higher is considered high.
5. Blood Pressure between 120/80 and 140/90 is called prehypertension – an indication of increased cardiovascular risk.

## 10 Steps To Reduce Your Blood Pressure Levels!

1. **Reduce Sodium** – Aim for 200mg per serving or less than 2000mg daily.
2. **Increase Exercise** – Try for 30 minutes of light-moderate activity most days a week.
3. **Get Enough Sleep** – Chronic lack of sleep can contribute to high blood pressure.
4. **Reduce Stress** – Make time for yourself and engage in activities that bring you joy.
5. **Sufficient Potassium** – Aim for 4000mg per day by eating lots of fruits & vegetables.
6. **Meditation** – Practicing meditation regularly can be very effective in lowering BP.
7. **Moderate Alcohol Consumption** – Limit consumption to 1 glass/day maximum.
8. **No Smoking** – Smoking leads to significant spikes in systolic BP (the first number).
9. **Vasodilating Foods** – Known to help open arteries, allowing blood to flow more freely.
10. **Weight Control** – Even a moderate amount can lead to significant changes in your BP.

## Top 10 Foods

To Lower Blood Pressure:

- |               |                        |
|---------------|------------------------|
| 1 Pomegranate | 6 Leafy Greens         |
| 2 Beets       | 7 Sunflower Seeds      |
| 3 Celery      | 8 Beans                |
| 4 Garlic      | 9 Fish                 |
| 5 Walnuts     | 10 Flax (Seeds & Oils) |

