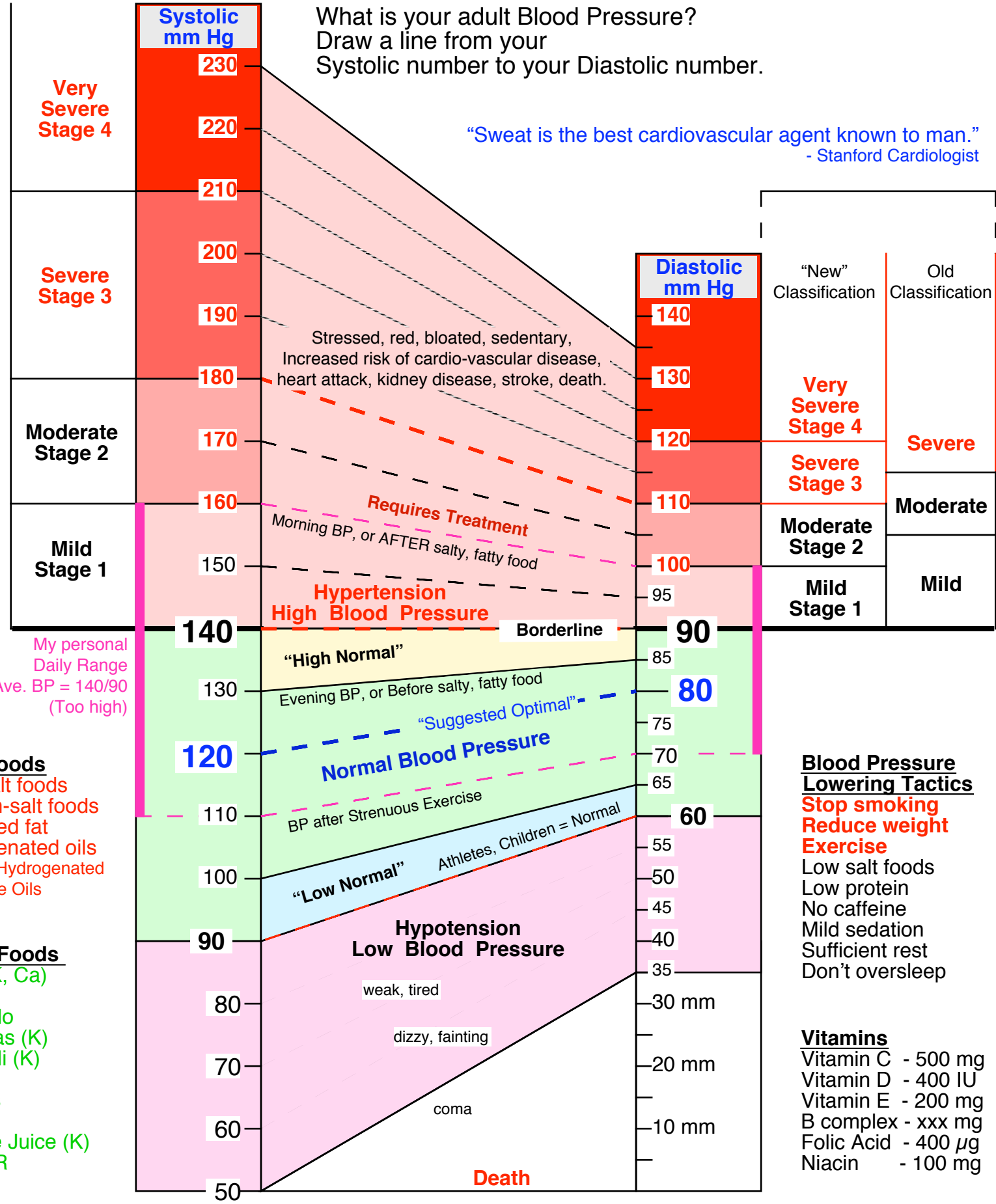


Blood Pressure Chart

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
 - I-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