



## BLOOD PRESSURE SUPPORT

### Day to day suggestions:

- Eliminate coffee, alcohol, stress, smoking, sugar and high fat foods
- Exercise daily - walk 1 mile every evening or swimming each day
- 1 hour rest each morning and 2 hours each afternoon
- Quiet meditative time daily
- Set boundaries to eliminate things that intrude and cause stress
- Epsom salt baths help manage blood pressure and increase magnesium

### Foods to eat:

- Turkey
- Red Grapes, bananas, citrus
- Garlic- 3 or more cloves per day
- cucumber and celery
- cranberry juice
- nuts and seeds
- cold water fish-salmon
- green vegetables-leafy and those high in Vit C (broccoli, green peppers)
- whole grains • legumes • raw beet juice- 4 oz per day
- nettle leaf tea

### Nutritional Requirements:

- Protein - 80 gm per day
- Calories - 2,400 per day
- Sodium - 2-3 gm per day
- Water - 6-8 glasses per day

### Supplements:

- Calcium 1,500-3,000 mg and Magnesium 750-1,000 mg
- L-Arginine 3-4 grams per day in 1 gram increments (usually at meals and bedtime)
- Omega-3 and-6 fatty acids 1000 mg, 2 caps twice daily or flaxseed 1 tbsp daily
- Vit C 1000- 2000 mg daily...if your bowels are loose reduce amount
- Coenzyme Q10- 200 mg/ day
- Ginkgo and Hawthorn combination- 2 in morning and 2 in afternoon
- Lemon essential oil helps regulate blood pressure
- Cypress essential oil aids with circulation issues