

Group Leader Guideline

Night 3

Note to leaders: Note: This is the day the six-week program and the 30-day journey begins.

1. Welcome everyone and ask if anyone has had any positive changes they would be willing to share. Greet any new participant.
2. Provide blood pressure checks prior to the start of the session, offer attendees the opportunity for you to keep track of their blood pressures for them.
3. How many read chapter 5 in the book? Encourage staying up. Discuss with groups what was learned from the readings.
4. Highlight Figure 5.1, 5.3, 5.7, 5.9 and 5.16 and ask if any questions.
5. Show the first presentation of the "Reversing Hypertension Naturally" DVD series (about 60 minutes long). In this presentation Dr. DeRose reinforces the basic hypertension material that was covered in Chapters 1 to 4 of 30 Days to Natural Blood Pressure Control.
6. Review the NO PRESSURE mnemonic letter by letter.
7. What was most memorable from tonight's presentation?
8. How did everyone do on incorporating his or her commitments into the new lifestyle?
9. Ask if anyone needs help with correct answers on handout.
10. Those who did not yet set their nutritional goals during the previous week should do so before the conclusion of this meeting.
11. Provide time for participants to share their nutritional target behaviors.
12. Remind them of this next week's reading assignment of Chapter 6-8.
13. Point out the Draft Worksheet at end of chapter for writing down nutritional goals and then how they will transfer up to three to appendix B.