

Reversing High Blood Pressure Naturally Night Three

1. What % of the American population has High Blood Pressure? _____
2. Treating HBP decreases risk of stroke by what % ? _____
3. Pre-Hypertension range is _____
4. Normal BP range is

5. Which would you choose – cold hands OR a stroke/Heart attack (circle)
6. How long should you rest before having a BP measurement? _____
7. How many separate BP measurements should be done before making the diagnosis of HTN?

8. T/F Most HBP is essential HTN where no obvious cause is found.
9. People with HTN have more/less (circle) nephrons than people with normal BP.
10. What % of Americans have adequately controlled HBP? _____
11. What are the typical symptoms of HBP? _____
12. NO PRESSURE mnemonic
N _____
O _____
P _____
R _____
E _____
S _____
S _____

U _____

R _____

E _____

13. T/F I should abruptly stop my medications now that I am following this program.

14. Three key nutrition principles are:

a. _____

b. _____

c. _____

15. T/F Vegetarian diets DO NOT lower HBP.

16. What are three major dietary elements that lower BP?

17. T/F There are some phytochemicals that have BP lowering effects like ACE inhibitors.