

Reversing High Blood Pressure Naturally

Night One-Overview

1. T/F Lowering my BP by natural means, if it is normal, will NOT provide further health benefits.
2. Ideally how many times per day should you take your BP? _____

Program Overview/Schedule

Session#	Day#	DVD	Reading Assignment
1		Take Charge of Your BP	NA
2	1	Changing Bad Habits #1	Chap. 1-4
3	8	Reversing Hypertension Naturally #1	Chap. 5
4	15	Reversing Hypertension Naturally #2	Chap. 6-8
5	22	Reversing Hypertension Naturally #3	Chap. 9-11
6	29	Listening to the Buffalo	Chap. 12-13
7	30+	Changing Bad Habits #2	Chap. 14-15
8		Spiritual Health: Neglected Dimensions Graduation	NA

3. What % of 70-year-olds have HTN? _____.
4. What in America is the #1 reason for seeing the Doctor? _____.
5. What is an ideal BP? _____.
6. What does each letter in LIFESTART stand for?
 L _____
 I _____
 F _____
 E _____
 S _____
 T _____
 A _____
 R _____
 T _____
7. lifestartseminars.com

8. T/F Alcohol can raise your BP?
9. What is a major driver of weight gain in the western world?
10. What is the ideal liquid? _____.
11. T/F Disconnecting from other people is an important way to lower BP.
12. T/F The closer a person follows a total plant-based diet, the lower the BP.
13. T/F everyone can lower their BP by reducing salt intake.
14. Temperance means to totally avoid those things _____ for me and take in moderation those things _____ for me.
15. One cigarette can raise BP as much as _____ points.
16. How important is it for me to notify my Primary Care Provider that I am starting a lifestyle program that may significantly affect my BP? _____.
17. My reading assignment - Chap. 1-4
18. I commit to do/change the following in my lifestyle next week
