

Reversing High Blood Pressure Naturally

Night Five

1. Sleep deprivation elevates _____ hormones.
2. T/F Sleep apnea is a powerful cause of sleep deprivation leading to high blood pressure.
3. How many hours of sleep before midnight is recommended? _____
4. T/F Melatonin is important in keeping us awake during the day.
5. Sleeping on which side of the house in relation to the traffic can aid in better sleep?

6. An adequate Vitamin D level is _____.
7. Smoking one cigarette can cause an increase in BP of _____ mm Hg.
8. Deep breathing exercises can lower BP an average of _____ points.
9. T/F PTSD can raise your BP.
10. T/F Exercising your faith in God can lessen your risk of developing PTSD after a traumatic event.
11. Good social support can lessen _____ nervous system activation.
12. 3 supplements that can help lower BP are _____,
_____, and _____.
13. T/F Flax seed oil is a bad source of Omega 3 fats.
14. Pressors _____ your BP.
15. T/F Licorice root can raise BP.