

50 Tips for Lower BP

Based on Dr. DeRose's book "30 Days to Natural Blood Pressure Control"

1. Choose a diet as close to total vegetarian as possible!
2. Eliminate all refined/processed food.
3. Increase whole plant foods by 4-5 servings per day.
4. Lose 10% of excess weight per year.
5. Keep salt intake below 2000 mg per day.
6. Increase foods high in Magnesium - p.86
7. Increase foods high in Potassium - p.87
8. Increase foods high in Calcium - p.89
9. Increase foods high in ACE compounds - p.91
10. Make "clean breaks" with any problem foods.
11. Eliminate all alcohol.
12. Eliminate all soft drinks and sugar sweetened beverages.
13. Drink > 6 glasses of water daily.
14. Join and become an active member of a social group and/or a church.
15. Donate blood regularly - p.132
16. Assess your level of social connectedness and increase by at least 10 points.
17. Exercise (brisk walking or equivalent) > 120 minutes per week.
18. Resistance exercise 3-4 times per week.
19. Treat sleep apnea if present.
20. Take melatonin 3 mg controlled release daily at bedtime if having issues sleeping.
21. Get 7-9 hours of good sleep nightly by following sleep hygiene principles - p. 182-184.

22. Sleep in room farthest from noise such as traffic or neighbors.
23. Raise Vitamin D (25 OH Vitamin D level) level to 40-50 ng/ml by taking supplements if necessary.
24. No SMOKING
25. Eliminate licorice.
26. Deep breathing exercises for 10-15 minutes daily.
27. Aromatherapy with Lavender oil.
28. Spend 60 minutes in nature per week.
29. Obtain a companion animal.
30. De-Stress by eliminating all non-essential activities or obligations.
31. Control anger.
32. Coenzyme Q-10 supplement.
33. Magnesium supplement
34. omega 3 Oil supplement.
35. Increase your use and intake of Flaxseed (oil or ground seeds).
36. Increase your use and intake of Chia seeds and Black walnuts.
37. Increase or start taking Probiotics
38. L-Arginine supplement
39. Hibiscus tea - 3 cups daily.
40. Review Fig. 13.2 for any medications to potentially stop.
41. Review Figure 13.3
42. Review Figure 13.5 and get checked for heavy metals if indicated.
43. Be Humble – acknowledge you don't know everything.
44. Acknowledge your pain - admit your mistakes to others and yourself.
45. Aspire to be the best in everything.
46. Forgive others and yourself.
47. Be willing to put other's interests first.
48. Don't compromise or settle for anything less than the best.
49. Mediate – mend as many fences as possible.
50. Persist- NEVER GIVE UP!