

Reversing High Blood Pressure Naturally  
Night Four

1. Whole plant foods eaten \_\_\_\_\_
2. Pesco Vegetarians eat what? \_\_\_\_\_
3. Vegans eat only \_\_\_\_\_ foods.
4. How many Heart Disease deaths would be saved in the U.S. per year by decreasing ½ tsp. salt intake per day? \_\_\_\_\_
5. T/F Tastes can not change.
6. Clean breaks are especially \_\_\_\_\_.
7. T/F Even moderate alcohol intake can cause cancer.
8. Alcohol has \_\_\_\_\_ cal/gm versus 4 cal/gm of sugar.
9. Caffeine blocks \_\_\_\_\_ receptors, which raises blood pressure.
10. Drinking >5 glasses of water per day compared to <2 glasses per day cuts in \_\_\_\_\_ your risk of a fatal MI.
11. T/F Water only fasting should only be done under close medical supervision.
12. Interval training intersperses \_\_\_\_\_ with active exercise.
13. Exercise can lower BP \_\_\_\_\_.