

## 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.