



KYBS Partner Zoom

May 28, 2024



Blood Pressure Lifestyle Assessment

Answer these questions as truthfully as possible:

Are you at your correct weight?

Yes

No

Do you exercise at least 150 minutes a week?

Yes

No

Do you usually eat more than 6 vegetables a day?

Yes

No

Do you usually use “no-salt-added” or low-sodium foods?

Yes

No

Do you drink more than 1 alcoholic drink a day (if you're a woman) or two a day (if you're a man)?

Yes

No

Are you a non-smoker?

Yes

No

Do you usually get 7-9 hours of sleep?

Yes

No

Have you stopped being a “workaholic”?

Yes

No

Do you regularly check your blood pressure?

Yes

No

Are you satisfied with your oral health?

Yes

No

Add up your “Yes-es” for your total score: _____





Scores:

- 0 - 2 You could be an accident waiting to happen!
- 3 - 5 You're not out of the woods: You've got some work to do!
- 6 - 8 There's light at the end of the tunnel - Keep it up!
- 9 -10 Almost at the finish line - Don't stop now!



MAY 2024

BLOOD PRESSURE CONTROL CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Select a doctor-approved routine to do 150 minutes a week for the month of May	2 Stop eating salty snacks	3 How much water do you drink everyday? (Half your body weight?) Keep a record	4 Make-up Day
5 Work on improving your oral health routine (ex: Do more brushing, flossing, tongue-scraping, oil-pulling, etc.)	6 Select 3 10-minute cardio activities to do at least 5 days this week	7 Measure your waistline: No more than 35 inches for women and 40 inches for men	8 Do a deep Breathing Exercise	9 Try to eat 6-8 vegetables a day	10 Select a 10-minute Strength Training Exercise	11 Increase your water intake by at least 4 oz.
12 Commit to eating at least 3 new blood pressure foods every day	13 Schedule some form of strength training at least twice this week	14 Eliminate at least 1 high-sodium food this week	15 Make-up Day	16 Measure your water intake today	17 Try a different Deep Breathing Exercise	18 Have at least 3 potassium-rich foods today
19 Don't forget your 150 minutes of aerobics this week	20 If you've been eating a high-sodium food, don't eat it today	21 Do your favorite deep breathing exercise at least 3 days a week	22 Try some garlic water or celery water this week	23 Eat your green leafy veggies (6-8/day)	24 Make a drink that has a blood pressure food as an ingredient	25 Increase your water intake by at least 4 oz.
26 Do your deep breathing exercise everyday this week	27 Make sure to get your vitamin D3 everyday (food, supplement or sunlight)	28 Add at least 1 red, blue or purple produce this week at meal or snack time	29 Try oolong or green tea	30 Don't forget to continue your strength training (twice/week)	31 Decide on at least 1 new Vagus Nerve activity to do on a regular basis	

RISKS FACTORS FOR HIGH BLOOD PRESSURE

FAMILY HISTORY

A family history of high blood pressure increases your risk due to genetic factors.



AFRICAN-AMERICAN ETHNICITY

Research suggests African-Americans may carry a gene that makes them more salt-sensitive, increasing the risk of high blood pressure and heart disease.



BEING OVER 55

Age increases the risk of high blood pressure, particularly once you are over 55 years old.



BEING OVERWEIGHT

Excess body weight can cause the heart to work harder and increase blood pressure.



SMOKING

Smoking damages blood vessel walls and can lead to an increase in blood pressure.



ALCOHOL OVERUSE



Alcohol abuse is a frequent contributor to elevated blood pressure and may be the most common cause of secondary hypertension (NIH).

LACK OF EXERCISE (SEDENTARY LIFESTYLE)

Sedentary lifestyles increase all causes of mortality, double the risk of cardiovascular diseases, high blood pressure, etc. (WHO).



HIGH-SODIUM DIET

Too much sodium in the diet can cause the body to retain water, raising blood pressure.



EATING UNHEALTHY FATS

A diet high in unhealthy fats can lead to the buildup of plaques in arteries, which can increase blood pressure.



7 Factors Affecting Your Blood Pressure

The amount of blood traveling through your vessels.

How strong your heart is.

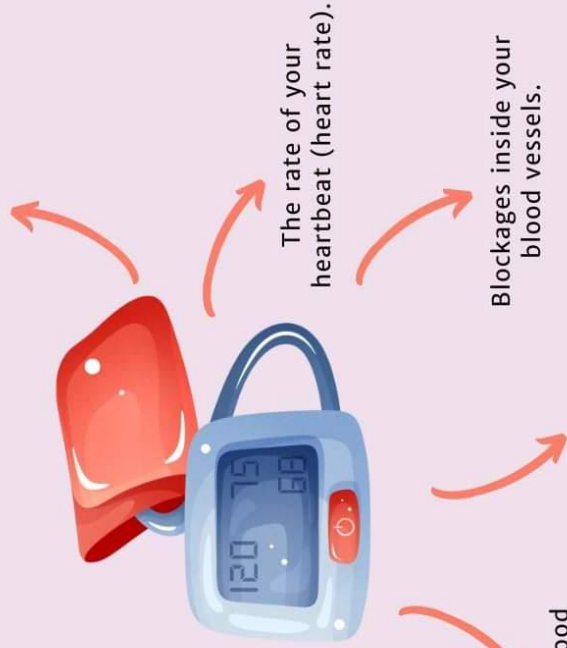
The thickness or thinness of your blood (viscosity).

The rate of your heartbeat (heart rate).

How flexible your blood vessels are (how much they're able to relax).

Blockages inside your blood vessels.

The external pressure applied to your blood vessels.



*Popular Deep
Breathing
Exercises*



4-7-8



Made popular by Dr. Andrew Weiss, but not recommended for people with Chronic Lung Disease.

Directions:

1. You may want to sit or lie down during this exercise, in case you get dizzy or feel light-headed.
2. Inhale through your nose to a count of 4 (mouth closed).
3. Hold for a count of 7.
4. Exhale through your mouth to a count of 8, making an audible “whoosh” sound as you exhale.
5. Repeat the process 3 or 4 times to make one cycle. Do 1 or 2 separate cycles a day.
6. If you can't hold comfortably for 7 seconds, cut the entire process in half to keep the ratio (ex: 2-3½-4).

Making your exhale longer than your inhale helps activate your vagus nerve and parasympathetic nervous system. Use the 4-7-8 technique to wind down, to help you fall asleep, or relax.

Box Breathing




Helps you switch to the parasympathetic system, and is recommended when you need to be better focused and alert (test-taking, public speaking).

Directions:

1. With your mouth closed, inhale through your nose to a count of 4.
2. Hold (keeping your mouth shut) to a count of 4.
3. Exhale through your mouth to a count of 4.
4. Hold (with mouth closed) to a count of 4.

Note: Holding your breath temporarily increases the carbon dioxide in your bloodstream, which lowers your heart rate and helps switch your body to the parasympathetic (rest-relax-digest and heal) system.

Pursed Lips

 This exercise doesn't involve holding your breath, which is a good thing if you're someone who has trouble doing that.

Directions:

1. Inhale through your nose to a count of your choice.
2. Purse your lips, like you're about to blow out a candle.
3. Exhale slowly, to a count that is at least double your inhale your count.
4. Aim to extend your exhale to eventually be 3 to 4 times longer than your inhale count.

Diaphragmatic

- ➔ Similar to pursed lip breathing, but your focus is on your diaphragm instead of your lips. (Actually, you can do both of them together.) It's also known as “belly breathing”.

Directions:

1. To make sure that you're using your diaphragm, you may want to place your hand on your stomach so you can feel (and see) it rise and fall.
2. Inhale with a long, deep breath through your nose, to a count of your choice, and be aware of your stomach extending as you engage your diaphragm.
3. Slowly exhale through your mouth and make your exhale count longer than your inhale count, feeling your stomach go down.

Belly breathing with your mouth closed should become your normal breathing practice. Intentionally practicing it regularly will help it become natural and automatic.

Slow Breathing



You can work on making your exhales longer than your inhales (we call it “slow breathing”) with this drill:

- Warm-up: Do equal counts of inhaling through the nose and exhaling through the mouth. (Ex: Inhale for 4 counts, exhale for 4 counts, then inhale for 5 counts, and exhale for 5 counts.)
- Added exhale: Add 1-2 counts more to your exhale than your inhale. (Ex: Inhale 5 counts, exhale 6 counts; Inhale 5 counts, exhale 7 counts)
- Extended exhale: Gradually over time, in future practice drills, increase your inhale-to-exhale ratio. Goal: 2-4 times longer than inhale. (Ex: Inhale 5 counts, exhale 10 counts)

Alternate Nostril Breathing



Alternate nostril breathing has been practiced for centuries around the world. They have yet to fully explain why, but it has been known to lower blood pressure.

Note: All breathing should be slow, and gentle, without force or strain of any kind. Listen to your body and don't push yourself. If something doesn't feel good or feel right - STOP. If you have heart or respiratory issues, or other medical conditions be sure to run this by your doctor before starting any breathwork.

Directions:

- With your dominant hand, keep your thumb, ring finger, and little finger extended as you bend your index and middle finger in, touching the tip of them to a point just below your thumb.
- Inhale through both nostrils, then gently close your right nostril with your right thumb and exhale through your left nostril.
- Now inhale through your left nostril, then press it closed with your ring finger, release your thumb, and exhale through your right nostril.
- Inhale through your right nostril, close it with your thumb, lift your ring finger, and exhale through your left nostril.
- Continue this pattern for 6 sets ("1 - exhale, 2-exhale", etc.).
- Breathe normally for 3 breaths (inhale + exhale = 1 breath).
- Do another 6-set cycle, starting with closing the left nostril first and exhaling through the right nostril.
- Practice once a day.
- Increase to 2-3 times /day for maximum benefit

Best Foods to Lower Blood Pressure

3-6 cups/day
raw, green, leafy
vegetables

2-3 cups/day
fresh or frozen
berries

2-3 cups/day
yogurt

3-6 oz/week
fatty fish

1-1/2 tbsp/day
unsalted seeds

3-5 cups/day
oatmeal

2 cups/day
beat-apple juice blend
(3 parts beet juice, 1
part apple juice)
alternative: cooked
beets and beet greens

1 cup/day
lentils, garbanzo
beans, peas and beans
(cooked)

2-3 cups/day
fresh, frozen, juiced
pomegranates
(watch out for the
sugar)

1-2/day
garlic cloves

4 stalks/day
celery

1-2 cups/week
raw pistachios

2-3 teaspoons/day
olive oil
(extra virgin)

1/2-1 oz/occasionally
dark chocolate
(75% or higher)



Lowering Blood Pressure with Specific Drinks

- **Water:** Since our heart is about 73% water, drinking it to control blood pressure makes sense. The mistake many make, however, is thinking that drinking water will lower your blood pressure, which is only partly true. When you're dehydrated, your blood pressure rises. Drinking water to become hydrated will bring it back down to where it normally is - which still may be high! So while drinking lots of water is definitely something you do, it's not the "blood pressure cure" if your blood pressure is normally abnormal.

Lowering Blood Pressure with Specific Drinks

- **Green Tea:** Packed with antioxidants and naturally free of sodium, sugar, and calories, green tea will most likely help lower blood pressure if consumed regularly for several weeks or months. It does, however, have caffeine, but much less than coffee or black tea. Adding sugar, honey, milk or cream also adds calories, so sticking plain green tea is your best bet.

Lowering Blood Pressure with Specific Drinks

- **Beetroot Juice:** An excellent choice for promoting not only brain and heart health (including blood pressure) but also detox and diabetes. It causes arteries to relax and become more open, improving blood flow and boosting stamina. Drink it plain or try it with a blend of carrots, green apple and cucumber.

Lowering Blood Pressure with Specific Drinks

- **Pomegranate Juice:** This can lower blood pressure also, if you drink about 8 oz. on a regular basis. One suggestion is to drink it for at least a month before giving up on it. Pomegranate is also said to decrease plaque in your arteries, and its anti-inflammatory properties will help your whole body. As for the brain, its antioxidants help reduce oxidative stress on the brain, helping memory and overall brain health.

Warning: If you already have low blood pressure (either from medication or naturally) drinking pomegranate juice could cause it to drop too low. Also people with plant allergies are more likely to have an allergic reaction to pomegranate. Look for 100% with no added sugar and if diabetic, check first with your doctor before consuming regularly

Lowering Blood Pressure with Specific Drinks

- **Hibiscus Tea:** This tea from a flower protects your blood vessels from damage. Some researchers suggest drinking 2 cups a day (but no more than 3) to help with high blood pressure. Use caution if you already have low blood pressure or are on medications that it might interfere with. Check with your doctor.
- **Tomato Juice (no-added salt):** This juice is rich in lycopene, a potent antioxidant suggested to play a role in preventing the buildup of plaque in your arteries. Most commercial juices are high in added salt, so be sure to read the labels.

Lowering Blood Pressure with Specific Drinks

- **Infused Water (ex: celery, garlic):** Celery, a food known to help control blood pressure and let it sit on water for several hours or blend and strain.
- **Low-fat/Skim Milk:** Swapping full-fat dairy for low-fat or skim milk reduces its palmitic acid, which has been associated with elevated blood pressure.

Sodium and You

Sodium damage comes more from processed/packaged foods than the salt shaker.

Eating too much sodium can increase your blood pressure and your risk for heart disease and stroke.

High-sodium foods include:

- smoked, cured, salted, or canned meat, fish, poultry, like bacon, ham, hotdogs, sardines, sausage, deli meats, caviar, and anchovies
- salted nuts and snacks
- canned entrees like chili, spam, ravioli
- frozen breaded meats and dinners, like pizza and burritos
- canned beans and soups with salt added
- certain salad dressings and condiments

Sodium makes your body retain water. Your blood is over 50% water. So, when your sodium intake increases, your blood volume increases as well, making your blood pressure go up and your heart work harder.

Our body actually needs a certain amount of sodium (about 1/4 teaspoon). Studies show that both too little and too much sodium is associated with increased mortality.

Healthy sodium intake depends on certain factors, so discuss your intake with your doctor. Here's what some experts say:

The Institute of Medicine recommends the following amount of sodium for adults:

50 yrs and below: 3800 mg/day
51-70 years old: 3200 mg/day
71 years old and above: 2900 mg/day

The American Heart Association recommends that healthy adults have no more than 2300 mg (about 1 tsp.) of sodium a day.



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Vagus Nerve Exercises - Simple Exercises

- humming
- singing
- gargling
- cold shower or cold exposure
- get moving/exercising
- deep breathing

Vagus Nerve Exercises - Exercise #1: (Neck Tension)

1. Sit in a comfortable position, either on the floor or in a chair.
2. Bring your right hand to the top of your head, and lower your right ear towards your right shoulder. While your head stays in this position, look up to the left. Hold this position for about 30 seconds, trying not to strain, then release.
3. With your left hand now on your head and your left ear lowering towards your left shoulder, look up towards the right and hold for 30 seconds, without straining, then release.

Note: When you do this exercise, you should notice that you sigh or have a need to swallow. This is to be expected. If this doesn't happen, you may want to try holding the pose a little longer, but no more than a minute, to see if it prompts that kind of response.

Vagus Nerve Exercises - Exercise #2: (Ribcage Tension)

1. Place your right hand on top of your head.
2. Place your left hand on the side of your right ribcage.
3. Bend your head down, your right ear leaning towards your right shoulder. Extend the bend to include your ribcage using your left hand to pull your ribs in slightly. (Note: Imagine bending your body into a "C" shape, but don't force too deep or put undo strain.)
4. Look up and to the left as in Exercise #1 and hold for 30 seconds, then release. No straining. If it's uncomfortable, make the movement smaller. If you need to take a break before going to the other side, do so.
5. Repeat with your left hand on your head and your right hand on the side of your ribcage. Bend, imagining your body moving into a "C" shape, but don't force it. Know that your bend can be a small movement. Keep your eyes up and looking to the right. Don't strain and hold for about 30 seconds.

Vagus Nerve Exercises - Exercise #3: (Floor Exercise)

1. Lay on your stomach on the floor with a yoga mat or a comfortable carpet.
2. Bring your elbows under your shoulders with hands flat on the floor. Your shoulders should be supported by your elbows.
3. Turn and lift your head, using the muscles along the side of your neck, and look over your shoulder. Hold for 30 seconds, without straining, then release. Rest for a minute if you choose to.
4. Do the other side, turning to your other shoulder.

Lowering Blood Pressure

WITH CINNAMON, GARLIC, AND BEETS



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LOWERING BLOOD PRESSURE

WITH CINNAMON

Cinnamon is a well-used spice that can also lower blood pressure. However, if you plan on using cinnamon on a regular basis, the type of cinnamon you use matters. Cinnamon cassia, the traditional kind found in grocery stores, is not the one you want. It has a higher level of a naturally-occurring compound that's toxic when used more than occasionally.

What you want, if you'll be using it regularly, is Cinnamon verum, aka "true" cinnamon, and commonly known as Cinnamon Ceylon.

Cinnamon Benefits

- relaxes and dilates blood vessels
- addresses inflammation
- lowers blood pressure



As always, check with your physician before increasing your use of spices, if you're taking medications, and don't discontinue your medication without consulting with your doctor.

LOWERING BLOOD PRESSURE

WITH BEETS

Beets and beet juice can lower blood pressure, but can also have side effects. Don't consider it a replacement for medication without consulting your doctor. Beet juice can interact with certain blood pressure medications and drop your blood pressure too low.

Beets/Beet Juice Benefits

- relaxes and widens arteries
- relaxes blood vessels
- allows more blood to flow through blood vessels



Beets and beet juice are considered by many to be a superfood, especially when it comes to blood pressure. One study reported a drop in blood pressure from beet juice in just 3 hours! Another study suggested that drinking it for 60 days would help improve hypertension.

Beets are high in nitrates, which your body turns in nitric acid—a substance that is necessary for healthy blood vessels.

Possible side effects include: “colored” waste, upset stomach, kidney stones, allergic reactions, and dizziness during pregnancy

Note: If you've had kidney stones, avoid beets, or eating them at all. If at risk for gout, also eat sparingly.

LOWERING BLOOD PRESSURE

WITH GARLIC

Garlic has been shown to lower blood pressure and can easily be added to your meals, but should not be viewed as a replacement for medical treatment. Consult your doctor before adjusting or discontinuing medication.

(Note: If taking medication, always check with your doctor before making changes in your diet, especially when adding herbs and spices — some can interact with blood thinners and other medications.)

Garlic Benefits

- lowers blood pressure
- relaxes blood vessels
- thins your blood
- slow progression of atherosclerosis (hardening of the arteries) caused by plaque buildup on artery walls



It's been said that garlic could be as effective as some blood-pressure medications but, if you're on blood pressure meds don't replace with garlic or add to your meds without your doctor's approval, especially if taking medications like Coumadin, which also thins your blood.

There have been debates about which form of garlic is safest since large amounts of raw garlic are more effective than cooked but can have mild gastrointestinal side effects. Aged garlic extract seems to be emerging as the winner, being both safe and effective for most people.

Avoid buying crushed garlic in jars because it lacks the medical punch of fresh garlic. A high-quality garlic powder can still have medicinal punch but probably needs 2 teaspoon a day to be effective.

Mixing raw garlic with mashed avocado, olive oil, peanut butter, or honey makes it easier to take.

CELERY BENEFITS



- controls cholesterol
- soothes inflammation (has about 25 anti-inflammatory compounds)
- improves mood
- lowers blood pressure (relaxes artery walls— eat the whole stalk for added fiber, magnesium, and potassium benefits that also help blood pressure)
- calms gastric ulcers (its flavonoids inhibit certain bacterial growth)
- protect liver health
- helps prevent urinary tract infections (UTI)
- helps keep you regular (it's about 95% water)
- helps prevent bloating
- helps control weight (“full feeling” last longer)
- may help fight off cancer
- aid in menopause symptoms (helps curb cravings)
- boosts energy and the immune system
- helps you sleep

Did you know that 4 stalks of celery/ day can drop blood pressure as much as 15 points?

Note: Celery is not a substitute for blood pressure medication and should not be treated as such. Always consult with your doctor.

Ingredients :

- 4 tsp. each of dried parsley, chives, and holy basil
- 2 tsp. each of garlic powder, onion powder, and calendula petals (dried),
- 1 tsp. of turmeric powder
- 1/2 tsp. each of ground black pepper and allspice
- sea salt to taste (optional)

Directions:

Store in a dark place in an airtight container.

Healthy Heart Spice Blend



High-sodium foods include:

- smoked, cured, salted, or canned meat, fish, poultry, like bacon, ham, hotdogs, sardines, sausage, deli meats, caviar, and anchovies
- salted nuts and snacks
- canned entrees like chili, spam, ravioli
- frozen breaded meats and dinners, like pizza and burritos
- canned beans and soups with salt added
- certain salad dressings and condiments

NEXT —————

Blood Pressure & Potassium

Potassium can help decrease your blood pressure. It acts as a diuretic, causing sodium to be excreted. It may also dilate and relax blood vessel walls. Studies prove that potassium can also reduce the risk of stroke. Sadly, most Americans eat too little potassium (only half what they need) and too much sodium.

Potassium-rich foods are preferred over supplements, especially if you have kidney issues (check with your doctor). Lowering sodium and increasing potassium is a great plan to consider.

Potassium - Rich Foods

acorn squash (1 cup)	=	486 mg
adzuki beans (1 cup, cooked)	=	1220 mg
avocado (one)	=	728 mg
bananas (1 medium)	=	422 mg, 9% DV
beets (1 cup, cooked)	=	518 mg, 11% DV
black beans (1 cup)	=	611 mg
black-eyed peas (1 cup)	=	475 mg
bok choy (1 cup)	=	630 mg
butternut squash (1 cup)	=	582 mg, 12% DV
canned clams (3 oz.)	=	534 mg, 11% DV
canned salmon (5 oz.)	=	442 mg, 10% DV
carrots (1 cup, chopped)	=	410 mg
chicken breast (one)	=	440 mg, 9% DV
coconut water (1 cup)	=	600 mg, 13% DV
cooked broccoli (1/2 cup)	=	468 mg, 10% DV



Potassium - Rich Foods

dried apricots (1 cup)	=	755 mg, 16% DV
edamame (1 cup)	=	676 mg, 14% DV
halibut (3 oz.)	=	449 mg, 10% DV
kidney beans (1/2 cup)	=	1400 mg, 30% DV
lentils (1 cup, cooked)	=	731 mg
Medjool dates (3)	=	510 mg
orange juice (1 cup)	=	496 mg, 11% DV
papaya (1 cup, mashed)	=	591 mg
passion fruit juice (1 cup)	=	687 mg
pinto beans (1 cup)	=	746 mg
pomegranates (1)	=	666 mg
potatoes (white, 1 medium, boiled or baked)	=	90 mg, 20% DV
prunes (1/2 cup)	=	635 mg, 14% DV
pumpkin (1 cup, boiled)	=	564 mg
raisins (1/2 cup, packed)	=	615 mg, 13% DV
snapper (3 oz.)	=	444 mg, 9% DV
spinach (1 cup, cooked)	=	574 mg, 11% DV
sweet potatoes (1 medium, baked)	=	542 mg, 12% DV
Swiss Chard (1 cup, cooked)	=	961 mg, 20% DV
tomatoes (1)	=	431 mg
tomato paste (1/2 cup)	=	1010 mg
tomato sauce (1 cup)	=	910 mg
Tuna (3 oz.)	=	961 mg, 20% DV
water chestnuts (1/2 cup)	=	362 mg
watermelon (2 wedges)	=	641 mg, 14% DV
white beans (1 cup)	=	1000 mg
yogurt (1 cup, regular)	=	573 mg, 12% DV
zucchini (1 medium)	=	512 mg



Potassium - Rich Foods

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Blood Pressure

NUTRITIONAL ABC'S

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Blood Pressure Nutritional ABC's

A - avocado, arugula, anchovies, apple cider vinegar

B - berries (especially blueberries), broccoli, beets, beans, bananas

C - cinnamon, celery (about 4 stalks a day), collards

D - dark chocolate (75% or higher)

E - eggs (pasture-raised)

F - fermented foods, fatty fish, flaxseed, (ground, 1 oz./day)

G - garlic (aged garlic extract), greens, green tea

Blood Pressure Nutritional ABC's

H - hibiscus tea

I - infused citrus water

J - just a little sea salt (raw, unrefined)

K - kale, kiwi, kimchi

L - lentils, lemons, limes

M - mushrooms (cooked), mackerel, mustard greens

N - nuts (especially Brazil nuts)

Blood Pressure Nutritional ABC's

O - olive oil, oranges, “overnight” oats, oolong tea

P - pomegranates, pinto beans

Q - quinoa

R - red bell peppers, raspberries, romaine lettuce

S - sweet potatoes, spinach, sardines, salmon, strawberry, soy, sauerkraut, swiss chard

T - tuna, tea (oolong, green tea), turnip greens

Blood Pressure Nutritional ABC's

U - unprocessed foods

V - very little alcohol

W - watermelon, walnuts, water

X - extra green leafy vegetables

Y - yogurt

Z - zero deli meats

BLOOD PRESSURE NUTRITIONAL ABC'S



A

avocado, arugula, anchovies,
apple cider vinegar

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BLOOD PRESSURE NUTRITIONAL ABC'S



B

berries (especially blueberries),
broccoli, beets, beans, bananas

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BLOOD PRESSURE NUTRITIONAL ABC'S



C

cinnamon, celery (about 4 stalks a day), collards

BLOOD PRESSURE NUTRITIONAL ABC'S



D

dark chocolate (75% or higher)

BLOOD PRESSURE NUTRITIONAL ABC'S



E

eggs (pasture-raised)

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BLOOD PRESSURE NUTRITIONAL ABC'S



F

fermented foods, fatty fish,
flaxseed, (ground, 1 oz./day)

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BLOOD PRESSURE NUTRITIONAL ABC'S



G

garlic (aged garlic extract),
greens, green tea

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BLOOD PRESSURE NUTRITIONAL ABC'S



H

hibiscus tea

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BLOOD PRESSURE NUTRITIONAL ABC'S



I

infused citrus water

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BLOOD PRESSURE NUTRITIONAL ABC'S



J

just a little sea salt (raw, unrefined)

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BLOOD PRESSURE NUTRITIONAL ABC'S



K

kale, kiwi, kimchi

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BLOOD PRESSURE NUTRITIONAL ABC'S

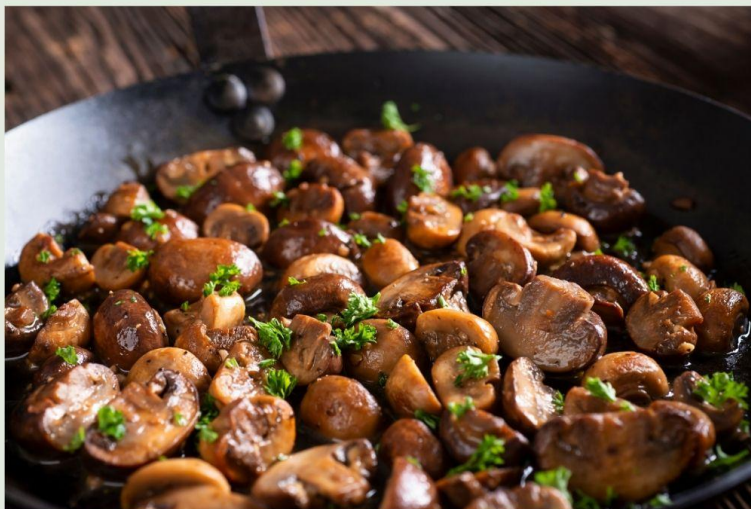


L

lentils, lemons, limes

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BLOOD PRESSURE NUTRITIONAL ABC'S



M

mushrooms (cooked),
mackerel, mustard greens

BLOOD PRESSURE NUTRITIONAL ABC'S



N

nuts (especially Brazil nuts)

BLOOD PRESSURE NUTRITIONAL ABC'S



Olive oil, oranges, “overnight”
oats, oolong tea

BLOOD PRESSURE NUTRITIONAL ABC'S



Pomegranates, pinto beans

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Q

quinoa

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R

red bell peppers, raspberries,
romaine lettuce

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S

sweet potatoes, spinach,
sardines, salmon, strawberry,
soy, sauerkraut, swiss chard

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T

tuna, tea (oolong, green tea),
turnip greens

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U

unprocessed foods

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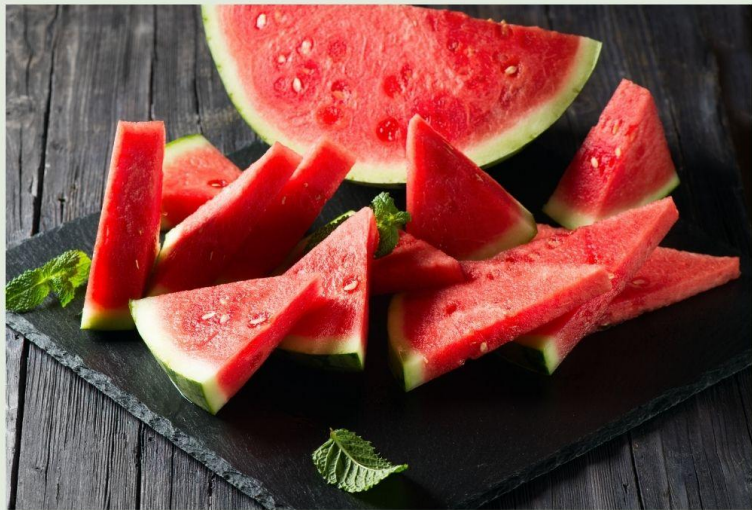


V

very little alcohol

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W

watermelon, walnuts, water

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X

extra green leafy vegetables

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Y

yogurt

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Z

zero deli meats



KYBS Partner Zoom

May 28, 2024

