Blood Pressure Chart

What is your adult Blood Pressure? Draw a line from your Systolic number to your Diastolic number.

“Sweat is the best cardiovascular agent known to man.”
- Stanford Cardiologist

“Ave. BP = 140/90 (Too high)

My personal Daily Range

Athletes, Children = Normal

“High Normal”

“Suggested Optimal”

Normal Blood Pressure

Evening BP, or Before salty, fatty food

“Low Normal”

Athletes, Children = Normal

Hypotension Low Blood Pressure

weak, tired

dizzy, fainting

coma

Death

Blood Pressure Lowering Tactics

Stop smoking
Reduce weight
Exercise

Low salt foods
Low protein
No caffeine
Mild sedation
Sufficient rest
Don’t oversleep

Vitamins

Vitamin C - 500 mg
Vitamin D - 400 IU
Vitamin E - 200 mg
B complex - xxx mg
Folic Acid - 400 µg
Niacin - 100 mg

Minerals

Calcium - 666 mg
Magnesium - 266 mg
Potassium - 2500 mg

Amino Acids

Co-Q10 - 120 mg
L-carnitine - 1000 mg

Foods

Flax oil - 1 tbl
Fish oil - EPA 600 mg
DHA 400 mg

Herbs

Hawthorne Berry - 1.5 g
Garlic - lots (selenium)

“No” Foods

High-salt foods
Medium-salt foods
Saturated fat
Hydrogenated oils
Partially Hydrogenated Vegetable Oils

“Yes” Foods

(High K, Ca)
Apples
Avocado
Bananas (K)
Broccoli (K)
Fish
Grapes
Oats
Orange Juice (K)
WATER

These are the personal thoughts of the author - nothing is implied, promised or guaranteed - no advice is intended.

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