

Blood Pressure Support

Day to day Suggestions:

1. Eliminate coffee, alcohol, stress, smoking, sugar and high fat foods
2. Exercise daily- walk 1 mile every evening or swimming each day

Foods to Eat:

1. Turkey
2. Red Grapes, bananas, citrus
3. Garlic- 3 or more cloves per day
4. cucumber and celery
5. cranberry juice
6. nuts and seeds
7. cold water fish-salmon
8. green vegetables-leafy and those high in Vit C (broccoli, green peppers)
9. whole grains
10. legumes
11. row beet juice- 4 oz per day
12. nettle leaf tea

Nutritional Requirements:

1. Protein- 80 gm per day
2. Calories- 2,400 per day
3. Sodium- 2-3 gm per day
4. Water- 6-8 glasses per day

Supplements:

1. Calcium 1,500-3,000 mg and Magnesium 750-1,000 mg
2. Garlic 2 caps 3 times per day if not eating recommended amount (Kyolic is the brand I like the best)
3. Omega-3 and-6 fatty acids 1000 mg, 2 caps twice daily or flaxseed 1 tbsp daily
4. Vit C 1000- 2000 mg daily...if your bowels are loose reduce amount
5. Coenzyme Q10- 20 mg, three times per day
6. Ginkgo and Hawthorn combination- 2 in morning and 2 in afternoon

Rest:

1. 1 hours each morning and 2 hours each afternoon
2. Pray and read scripture