

# Health By Choice-- Not By Chance

## High Blood Pressure Counseling Sheet

The  
Silent  
Killer

### Signs of Hypertension:

Hypertension is defined as a systolic blood pressure reading (the top number) consistently over 130, and/or a diastolic (the bottom number) reading of 85 or above. The optimal level is now below 120/80. High blood pressure has no symptoms, which is why it is called the "Silent Killer". It causes progressive changes in the blood vessels until the first sign hits, usually a stroke or a heart attack.

### How to lower Blood Pressure?

#### Diet

- Cut out all flesh foods (including fish, chicken, meat, pork, and all crustaceans) as well as its byproduct (eggs, cheese, milk, etc.) If one so desires to use milk, non harmful milks can be made from a variety of nuts (i.e. almonds, cashews, etc.) *Recipes can be found in the following cookbooks: Tasty Vegan Delight, Seven Secrets, The Optimal Diet, and Foods with their Healing Powers vol. 3.*
- Fried foods, highly processed foods, and all free oils should be avoided and/or eliminated from the diet.
- Eating fresh fruit is preferable to drinking fruit juice. Eating the fresh fruit provides the body with the essential fiber need for regularity; juice is robbed of that essential fiber.
- ALL white breads, flour, sugar, and so forth should be eliminated from the diet. The body needs the fiber from the whole grain items. All meals should be eaten on a regular schedule, 7 days a week, with no more than a 30 minutes time difference in schedule. Meals should be eaten 5-6 hours apart.
- At least 8 glasses (64 oz) of water should be drunk each day, 16 oz of which should be taken before breakfast. Water should be taken 15- 30 minutes before meals or 2 hours after meals.

#### Supplement(s)

Garlinase garlic tablets which can be obtained from **Wildwood Lifestyle Center and Hospital** by calling (706) 820-1493 ext. 236, The Herb Store.

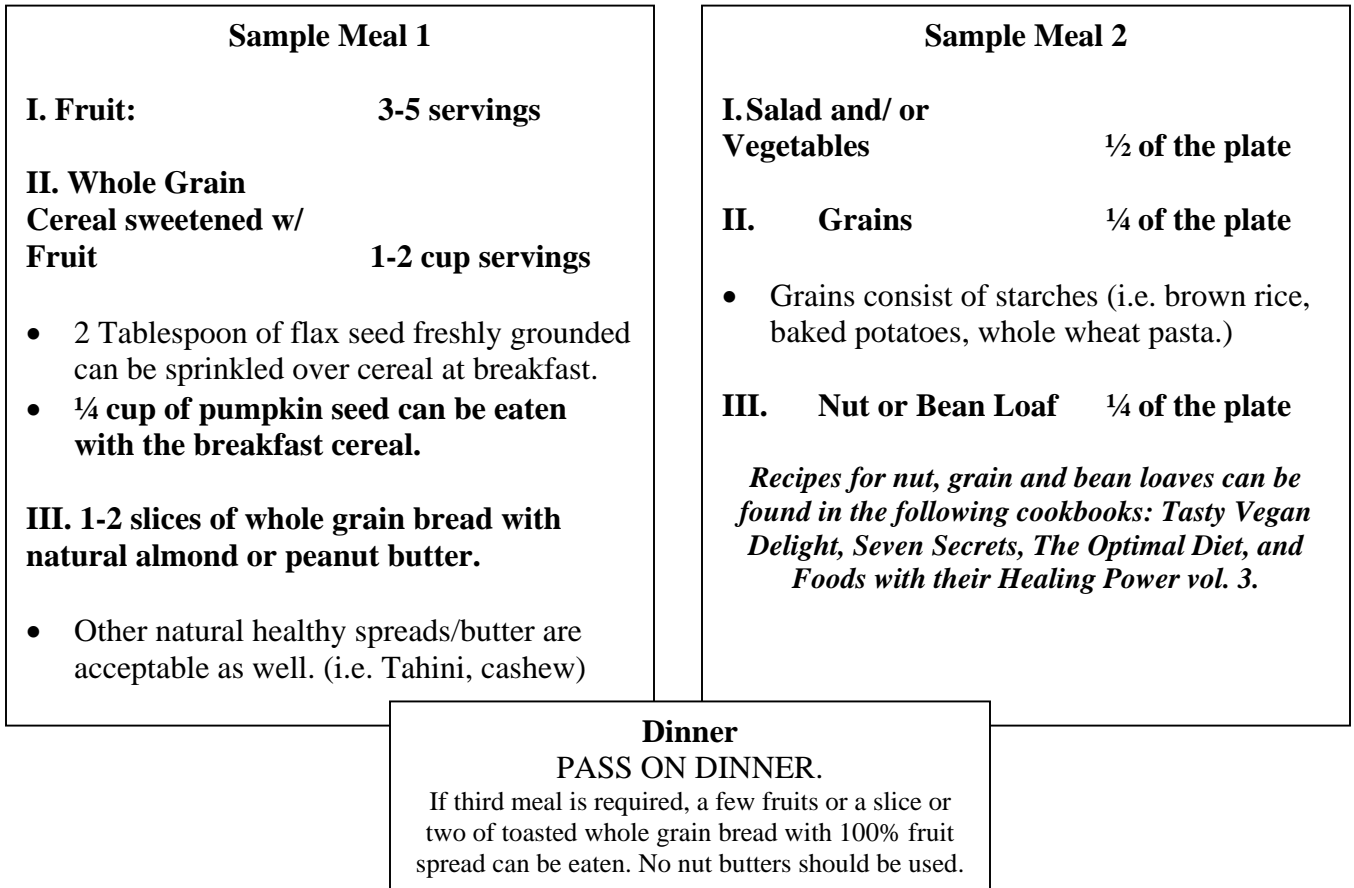
**ATTENTION:**

**Before making any changes please contact your health care professional.**

Breakfast should be taken between \_\_\_\_\_ am to \_\_\_\_\_ am.

Lunch should be taken between \_\_\_\_\_ am/ pm to \_\_\_\_\_ pm.

Figure 1:1: Daily Meal Schedule (lunch can be used for breakfast and vice versa)



**Lifestyle**

- Exercise is very essential to good health. One should walk 21 miles per week, which is approximately 3 miles per day seven days per week.
- One should get between 15- 20 minutes of sunshine daily before 9:00am or after 3:00pm.
- One should go to bed before 10:00pm. The body heals itself between the hours of 10:00pm and 12:00am. The body also produces melatonin between the hours of 10:00 pm and 2:00 am, which gives the body restful sleep at night. Thus, for every hour of sleep before midnight, the body doubles the amount of rest received.
- For further information, please visit our website at [www.nhtlh.org](http://www.nhtlh.org) or call us at (678) 520-1547 and ask for James. Please send all donations to: James Luke 289 Jonesboro Rd. Suite 124, McDonough, GA 30253. **Thanks for your support!**