



The beating of the heart carries blood throughout the body which supplies the energy and oxygen it needs.

**High blood pressure is a silent killer!
Keep your blood pressure normal.**

What causes hypertension?

- Blood pressure is the force of the blood pushing against the walls of the arteries when the heart pumps blood.¹
- High blood pressure happens when the force of the blood is too high.
- High blood usually does not have any symptoms but it is a risk factor for heart attack and stroke. That is why it is called the 'silent killer.'
- High blood pressure has several risk factors
 - High salt intake
 - Overweight or obesity
 - Lack of exercise
 - Stress
 - Genetics

High blood pressure can be prevented naturally

Additional blood pressure healthy defaults

For more information on healthy diet and nutrition, see CDC's Nutrition, Physical Activity, and Obesity Program Web site.

- Make time to relax. Watch a movie or read a book.
- Maintain a healthy weight. Get on the scale regularly.
- Get involve in physical activity for 150 minutes each week. Put on some music and dance.
- Nurture yourself - once per month do a spa day or go out and have some fun.
- Manage your time – Get enough sleep
- Check your blood pressure often
- Make time for household chores- it is good way to de-stress.
- Plant a garden if you have the space to so. It is a good way to work out.

Reference

1. National heart, lung and blood institute. N.D.
2. Center for Disease Control Prevention (CDC). 2014).
3. Pal Alto Medical Foundation. Dash Diet. 2010.
4. American Heart Association. Scoop on Sodium. 2018.



PREVENT HIGH BLOOD PRESSURE WITH DIET AND LIFESTYLE

High blood pressure can be prevented



High blood pressure can be prevented with diet and exercise.

Health living habits is the key to prevent high blood pressure.

Living a healthy lifestyle helps to keep blood pressure in a healthy range.²

A healthy diet to prevent high blood pressure should be rich in whole grains, fruits, vegetables and low-fat dairy products and low in saturated fat and cholesterol.

It is recommended that the DASH diet be used. The DASH diet includes whole grains, poultry, fish, and nuts, and reduced amounts of fats, red meats, sweets, sugar-containing beverages, and high-sodium processed foods.³

Make every effort to keep sodium low in your diet!

Extra sodium in the diet pulls water into the blood stream and increases the blood pressure.⁴

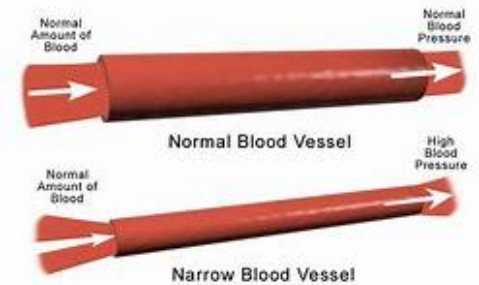
Tips to reduce sodium!

- *Stay away from canned foods that do not say low sodium.*
- *Make your own homemade soups and freeze them.*
- *Stay away from convenience foods.*
- *Prepare your own foods give you control over sodium.*



Avoid drinking alcohol

- If you feel for a drink make a chilled ice tea with lemon. It loaded with anti-oxidants and helps to fight cancer
- Make a smoothie with fruits. It is nourishing and delicious.



Your health depends on a normal blood pressure!

High blood pressure can lead to strokes, heart attack, heart failure, dementia, kidney disease, vision loss and sexual dysfunction.

Tips to keep blood pressure low

- Eat up those non-starchy vegetables at every meal.
- Eat fresh foods like ripe bananas , tomatoes and sweet potato, tuna, beans and milk which are rich in potassium.
- Keep nuts and berries to snack. These are good for the heart.
- Take natural supplements such as: garlic, fish oil and hibiscus tea.
- Avoid processed sugar – eat natural fruits fruits.

