C@MPASS**HEALTH**

50 Tips for Lower BP

Based on Dr. DeRose's book "30 Days to Natural Blood Pressure Control"

- 1. Choose a diet as close to total vegetarian as possible!
- 2. Eliminate all refined/processed food.
- 3. Increase whole plant foods by 4-5 servings per day.
- 4. Lose 10% of excess weight per year.
- 5. Keep salt intake below 2000 mg per day.
- 6. Increase foods high in Magnesium p.86
- 7. Increase foods high in Potassium p.87
- 8. Increase foods high in Calcium p.89
- 9. Increase foods high in ACE compounds p.91
- 10. Make "clean breaks" with any problem foods.
- 11. Eliminate all alcohol.
- 12. Eliminate all soft drinks and sugar sweetened beverages.
- 13. Drink > 6 glasses of water daily.
- 14. Join and become an active member of a social group and/or a church.
- 15. Donate blood regularly p.132
- 16. Assess your level of social connectedness and increase by at least 10 points.
- 17. Exercise (brisk walking or equivalent) > 120 minutes per week.
- 18. Resistance exercise 3-4 times per week.
- 19. Treat sleep apnea if present.
- 20. Take melatonin 3 mg controlled release daily at bedtime if having issues sleeping.
- 21. Get 7-9 hours of good sleep nighty by following sleep hygiene principles p. 182-184.

- 22. Sleep in room farthest from noise such as traffic or neighbors.
- 23. Raise Vitamin D (25 OH Vitamin D level) level to 40-50 ng/ml by taking supplements if necessary.
- 24. NO SMOKING
- 25. Eliminate licorice.
- 26. Deep breathing exercises for 10-15 minutes daily.
- 27. Aromatherapy with Lavender oil.
- 28. Spend 60 minutes in nature per week.
- 29. Obtain a companion animal.
- 30. De-Stress by eliminating all non-essential activities or obligations.
- 31. Control anger.
- 32. Coenzyme Q-10 supplement.
- 33. Magnesium supplement
- 34. Omega 3 Oil supplement.
- 35. Increase your use and intake of Flaxseed (oil or ground seeds).
- 36. Increase your use and intake of Chia seeds and Black walnuts.
- 37. Increase or start taking Probiotics
- 38. L-Arginine supplement
- 39. Hibiscus tea 3 cups daily.
- 40. Review Fig. 13.2 for any medications to potentially stop.
- 41. Review Figure 13.3
- 42. Review Figure 13.5 and get checked for heavy metals if indicated.
- 43. Be Humble acknowledge you don't know everything.
- 44. Acknowledge your pain admit your mistakes to others and yourself.
- 45. Aspire to be the best in everything.
- 46. Forgive others and yourself.
- 47. Be willing to put other's interests first.
- 48. Don't compromise or settle for anything less than the best.
- 49. Mediate mend as many fences as possible.
- 50. Persist- NEVER GIVE UP!