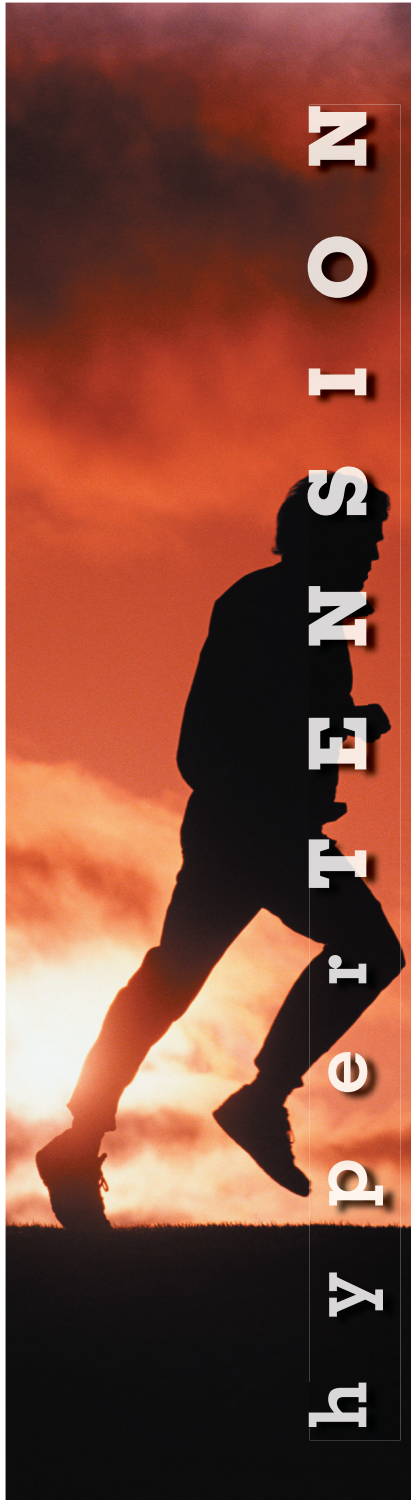




h y p e r T E N S I O N



Definition

Hypertension, also called high blood pressure, is a condition in which blood pressure is chronically elevated. Normal blood pressure is 120/80 mmHg and is a measure of the force exerted by the blood against the vessel wall. The upper number (systolic reading) is the maximum pressure the heart exerts while contracting and the lower number (diastolic reading) is the pressure when the heart is resting between pumps.

Optimal blood pressure – less than 120/80

Normal blood pressure – less than 130/85

High normal blood pressure – 130-139/85-89

Hypertension stage 1 – 140-159/90-99

Hypertension stage 2 – 160-179/100-109

Hypertension stage 3 – greater than 180/110

There are two types of hypertension:

- *Essential* – due to an unknown cause. A number of environmental factors may be involved in the development of essential hypertension, genetics, obesity, occupation, alcohol, intake, family size, stimulant intake, excessive noise exposure, insulin resistance
- *Secondary* – caused by another condition such as kidney disease, dietary issues, high calcium, and endocrine disorders.

Common Signs and Symptoms

- | | |
|-------------|-------------------------|
| • None | • Fatigue |
| • Dizziness | • Nosebleeds |
| • Headaches | • Insomnia and Tinnitus |

Consider These Contributing Factors

- Atherosclerosis

- Diet – including high refined salt, dietary fat intake, and low magnesium and potassium
- Alcohol, coffee, and tobacco consumption
- Obesity
- Insulin resistance/metabolic syndrome
- Stress - Chronic stress
- Drug abuse
- Food sensitivities and allergies
- Lack of exercise

Chronically elevated blood pressure is one of the risk factors for strokes, heart attacks, and heart failure, and is a leading cause of chronic kidney failure. Diet and lifestyle changes play an important role in managing hypertension.



Here are suggested modifications to help support optimal blood pressure:

1. Maintain an optimal weight.
2. Exercise after a complete physical exam.
3. Decrease or eliminate processed and refined salt.
4. Practice deep-breathing and relaxation techniques.
5. Manage major stressors.
6. Manage blood sugar imbalances.
7. Use beneficial fats including olive, flax, and fish oil
8. Consider taking omega-3 essential fatty acid supplement.
9. Decrease intake of hydrogenated oils (margarine, lard substitutes, vegetable shortening) and foods fried in hydrogenated oils.
10. Decrease intake of corn, safflower, and sunflower oil which are high in omega-6 fatty acids
11. Drink plenty of filtered water daily
12. Increase potassium-rich foods such as green leafy vegetables, bananas, beans, peas, and lentils.
13. Increase magnesium-rich foods such as green vegetables, nuts (especially cashews and almonds), seeds, and some whole grains.
14. Increase consumption of fiber and fresh vegetables and fruits.



set goal

ACTION PLAN:



develop plan

goal: _____

action: _____



take action



score your success

plan: _____

success score: scale: 1 (lowest) - 10 (highest)

current score

30 day score

60 day score
