

## ***Lower Your Blood Pressure***

**Normal** 120's/70's or below; **Warning** 130's/80's; **High** 140's/90's and higher; **Danger**; 160's/90's and higher

- Reach your ideal weight. (108 lbs for the first 5 feet plus 4 lbs for every additional inch.
- Example: 5 ft 5 in=128 lbs. (Ask for our Weight Loss Pamphlet)
- Drink at least 8-10 glasses of water each day (enough to keep urine pale).
- Decrease salt intake. (Beware, most prepared foods are high in salt)
- Eliminate frying of foods. Boil, bake, or steam with water, instead.
- Eliminate grease and fatty foods (butter, margarine, lard, and free use of oils).
- Plant foods do not have cholesterol. Eat lots of fresh fruits, vegetables, beans, and whole grains (oats, brown rice, whole wheat, corn, millet, barley).
- Animal products; beef, chicken, fish, seafood, milk, cheese, ice cream, eggs, increase cholesterol and put too much fat and protein in the diet. Limit the use of them.
- Eat fresh or cooked garlic every day.
- Begin an exercise program (walking or swimming) 3x a week for 1/2 hour, starting slowly and increase distance and pace as tolerated.
- Get some sunlight every day. Exercising outside during day light will do it.
- Reduce sugar intake (read the label, 4 gm=1 tsp of sugar).
- Eliminate caffeine (coffee, tea, Coke, chocolate).
- Do not smoke cigarettes, drink alcohol, or use illegal drugs.
- Stress is a killer. Look to Jesus with your problems and trust in Him to help you make the necessary changes.

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