



# Empower your Body, Mind & Soul

## HIGH BLOOD PRESSURE or HYPERTENSION

I wish above all things that you may prosper and be in good health. I have no greater joy than to hear that my children walk in truth.

3 John 2, 4



### What is Hypertension or High Blood Pressure (HBP)?

This is the process whereby the heart pumps the blood through the arteries and the blood presses against the walls of the blood vessels. In patients with HBP, this pressure is abnormally high. High Blood Pressure, also called hypertension, is a risk factor for heart and kidney diseases and stroke. This means that having high blood pressure increases your chance (or risk) of getting heart or kidney disease, or of having a stroke. The natural history of high blood pressure goes unnoticed until the disease is long-standing. The four major target organs which undergo the burden of high blood pressure are the heart, brain, kidneys and the large arterial blood vessels. This is serious business: heart disease is the number one killer in the United States, and stroke is the third most common cause of death.

*Heal me, O Lord, and I shall be healed; save me, and I shall be saved: for thou art my praise. Jeremiah 17:14*

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- What it is?
- Causes
- Health Tips
- Treatment (Drugs & Herbs)
- True/False Q&A
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### What causes High Blood Pressure?

The precise cause is unknown but the following situations increase your risk. In a few people, high blood pressure can be traced to a known cause like tumors of the adrenal gland, chronic kidney disease, hormone abnormalities, disorders of the nervous system, use of birth control pills, or pregnancy. This is called "secondary hypertension." Other contributing factors include emotional stress, obesity, dietary salt, and excessive smoking. Some people have blood pressure that stays up all or most of the time. Their blood pushes against the walls of their arteries with higher-than-normal force. If untreated this can lead to serious medical problems like these: **Arteriosclerosis**(hardening of the arteries), **Heart Attack.**, **Enlarged heart.**, **Kidney Damage.**, **Stroke.**

### Categories for Blood Pressure Levels in Adults\*



(Age 18 Years and Older)

Category	Blood Pressure Level (mm Hg)	
	Systolic	Diastolic
Normal	<130	<85
High Normal	130-139	85-89
High Blood Pressure		
Stage 1	140-159	90-99
Stage 2	160-179	100-109
Stage 3	≥180	≥110

\*For those not taking medicine for high blood pressure and not having a short term serious illness. These categories are from the National High Blood Pressure Education Program.

(≥ means greater than or equal to)

*Malcolm X said: Education is your passport to the future, for tomorrow belongs to the people who prepare for it today.*

### HEALTH RECOMMENDATIONS



1. Maintain a healthy weight.
2. Be physically active.
3. Limit serving sizes.
4. Choose foods low in calories and fat but high in starch and fiber.
5. Check food labels for level of sodium content.
6. Choose foods low in salt and sodium.
7. Use herbs, spices and salt-free seasoning blends instead of salt when cooking and at the table.



# Treatments - Diet, Drugs & Herbs

## Drug Therapy

- Diuretics
- ACE Inhibitors
- Beta-blockers
- Vasodilators
- Calcium Blockers



## Herbal Therapy

- Alfalfa
- Hawthorn Berries
- Gotu Kola
- Capsicum
- Garlic
- Parsley
- Gingko

### HOW DOES ONE CONTROL HIGH BLOOD PRESSURE (HBP)?

Uncontrolled HBP is associated with a greater risk of heart attack. When high blood pressure is not treated, it becomes a major health problem and the result may be damaging to blood vessels in the heart, kidneys and other organs. HBP increases the risk of stroke, heart attack and kidney failure. When HBP is combined with other risk factors such as obesity, exposure to cigarette smoke, high cholesterol levels, physical inactivity, or diabetes, the risk of heart attack or stroke is greatly increased.

### HOW ONE TREATS HIGH BLOOD PRESSURE (HBP)?

Treatment includes diet changes and increased exercise. Drugs lower the blood pressure if diet and exercise are ineffective. This is one of the most important reasons for having regular medical check-ups. People who know they have HBP can guard against its most harmful effects. Some methods to reduce HBP include:

- ❑ Reduce Saturated Fat & Cholesterol in the Diet
- ❑ Have fish and poultry instead of red meat at most meals.
- ❑ Cook with small amounts of liquid (vegetable oils or polyunsaturated margarines such as canola, corn, olive, soybean products
- ❑ Use skim-milk products
- ❑ Eat no more than 3 egg yolks per week
- ❑ Use low-fat cooking methods such as baking, broiling and roasting. Avoid fried foods.

### TRUE OR FALSE

- |   |   |   |
|---|---|---|
| 1. Normal blood pressure is 140/95                    | T | F |
| 2. Increased exercise will help reduce blood pressure | T | F |
| 3. Eating more red meat will reduce blood pressure    | T | F |

The righteous eat to satisfy his soul: but the belly of the wicked shall want. Proverbs 13:25

### RECIPES for HBP

#### HARVEST SOUP



2-3 garlic cloves, 1 kale leaf, 1 large tomato, 2 stalks celery, 1 collard leaf chopped, 1 tbsp croutons.

Method:

Roll garlic in kale leaf and place in blender with tomato and celery. Place in saucepan, add chopped collards and gently heat. Garnish with croutons and herbs.

#### SWEET MAGNESIUM SMOOTHIE



1 pint blackberries, 1 ripe banana, 2 ozs silken tofu, 1 tbsp brewers yeast.

Method:

Juice berries, place juice, banana, tofu, and yeast in blender or food processor, and blend until smooth. Garnish with blackberries and drink before bedtime.

### **HELP IS HERE FOR YOU..**



In our effort to empower your health via your body, mind and soul, a nutrition consultant can answer your questions and/or concerns and make health recommendations that can last you and your family members a lifetime. For additional information, please give Shelly a call at (410) 872-0872. She would be delighted to serve you.

The most sacred place is not the church, it is the temple of your body. How are you treating your sacred place? Take a moment right now and give yourself an eternal uplift.