

The Truth about High Blood Pressure

How To Keep A HEALTHY HEART

3 Truths & 2 Lies

**For more on Heart Health & Blood
Pressure please visit:
The "*Blood Pressure
Solution*" **Facebook Page****





Every second of every day, your Heart is hard at work. In one day your Heart will beat approximately 115,000x & pump the equivalent of 2,000 gallons blood, oxygen & vital nutrients throughout the every cell in your body.

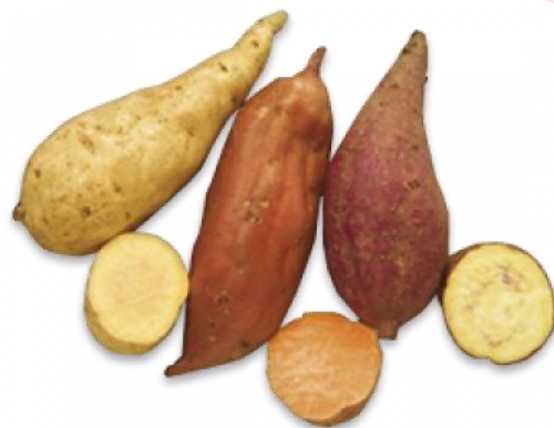
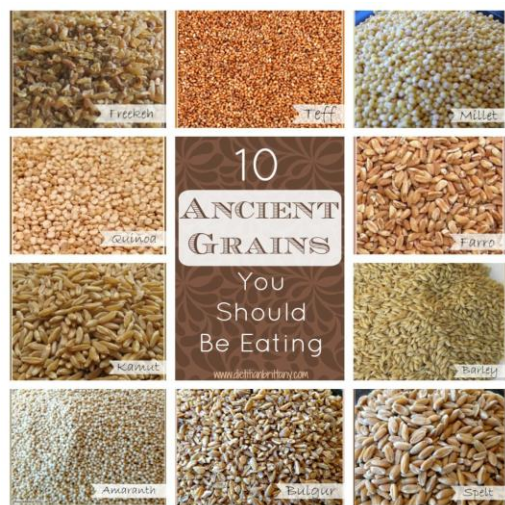
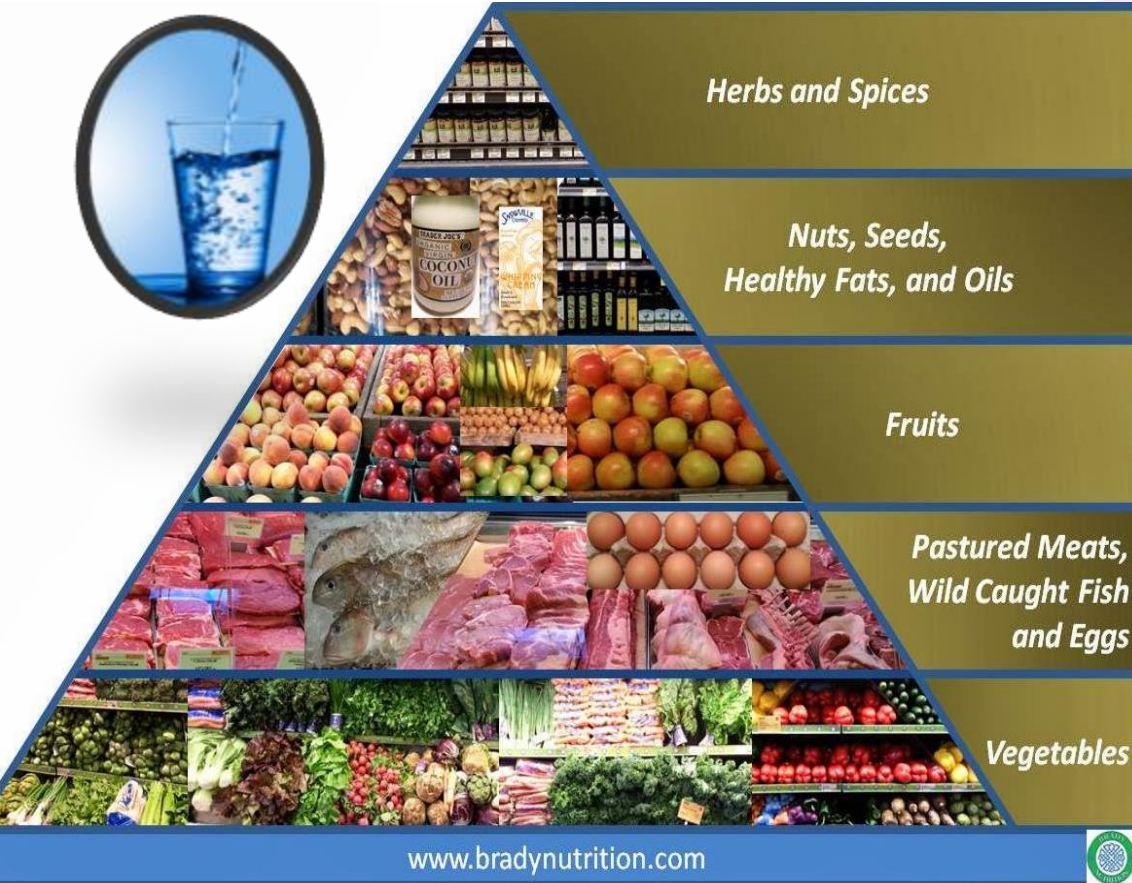
Having a healthy Heart is essential, no Brainer. But knowing how to keep a Healthy Heart is a form of art. I say art because it is truly what you make of it, from the foods you eat to the time your sleep, there are many ways to take care of your hard working Ticker.

" How To Keep A Healthy Heart" 3 truths & 2 Lies. Lets dive in & look at Heart Smart steps you can take every day to keep your unique beat going strong for miles & miles!!!

Get the cutting edge on heart health & managing high blood pressure.

Checkout the Blood Pressure Solution Group on facebook!





Nutrition:

“ You are what you eat” In a country where “Standard American Diet” is abbreviated as S.A.D, one can guess that many of us may have a few... not so great for our health.... favorite foods. Even with low fat & fat free option being more & more popularized, the rising rate of Obesity has topped off with 42.4% in 2017~2018, with severe obesity increased from 4.7% to 9.2%. Children & adolescents ages 2-19 jumped from 18.5% and affected about 13.7 million. Obesity can lead to increased health risks such as type 2 diabetes, nerve damage, kidney disease, high blood pressure, stroke, heart disease and certain types of cancer. (CDC 2019 collection) But, here is the twist, while most Americans & first world nations are increasing annually, so are nutritional Deficiencies. Another words, while we are being fed more than ever, we are also more nutritionally starved than ever. Calories are units of energy, but like fuel without a car, they are useless without the rest of the mechanics working in balance & synapsing together. Vitamins, minerals, & trace elements are those synapsing connectors that allow the body to function optimally. Being that our bodies are made from & fueled by the elements found within the planet, guess where one will find the most abundant sources of nutritional foods? If you guessed Whole Natural Foods, Gold star! Eat as close to natural as possible, general rule of thumb: If man made it, don't eat it.

Some Examples of Super nutrient dense foods include:

- Organically Grown Fruits & Vegetables: Dark leafy greens, Berries
- Ancient Grains & Sprouted Grains: Barely, Buckwheat, Quinoa, Wild Rice, Couscous, Spelt, Bulgur, Millet
- Wild caught fish & Seafoods: Salmon, Rockfish, Shrimp, mollusks, crabs, flounder
- Nuts & Seeds: Almonds, Walnuts, Brazilian Nuts, Pistachios,
- * Try to avoid Peanuts, as they have been greatly modified & contain a generally neutral but easily provoked reaction in our digestive system.
- Herbs & Spices: Sage, Basil, Rosemary, Thyme, Cilantro, Peppercorn, Turmeric, Curry, Cummin, Himalayan Salt, Dill

Water Water Water!!! Pure filter water is essential, Tap water often contain trace metals, and pollutants.

HITT the Cardio!

We all know it; exercise is essential, the more you move the better your health. From muscle endurance, strength, & size of bones & muscles to the strengthening & conditioning of the cardiovascular system A.K.A(Heart, blood, & blood vessels) & one of the best ways to improve cardio vascular health is of course...Cardio Training. But if the idea of countless hours running on a treadmill or enduring miles of road-running in in climate weather, exhaust fumes & the neighbors yappy little dog chasing you 5 blocks isn't your idea of a good time, fear not. High Intensity Interval Training or HITT is a well-known training method of many pro athletes and can be done in as little as 15mins while still producing maximal & ideal training for your heart. The basic idea behind HITT is to go 100% of your maximal energy output for a short time, on whatever exercise you choose, and then recover for at least double that time. An example could be Running as fast as safely possible for 15-30 seconds & then recover for 45sec-1min. Total time: 12 minute. If you need more time, take it!!! This is simply a good ratio to find a start point & set goal's later on.

If you want to get cardio & build some muscle as a bonus; try incorporating body weight exercises such as:

Squats, Push Ups, Pull Ups, Burpees, Lunges, Jumping Jacks, Swimming, Biking, Sports Training, Boxing



Yoga & Pilates

These similar yet unique forms of mind-body movement are known for their health benefits including: Strengthening muscles and promoting flexibility, cardio conditioning Body alignment, mind-body connection and understanding. Check out the link below to see an awesome demo of different forms of yoga and Pilates!

https://youtu.be/nPle_rXoWts

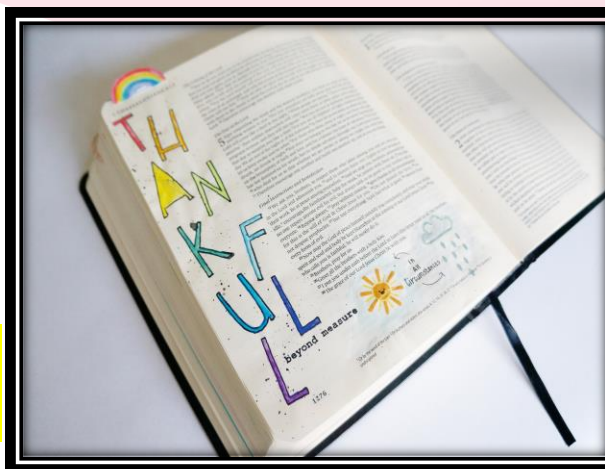
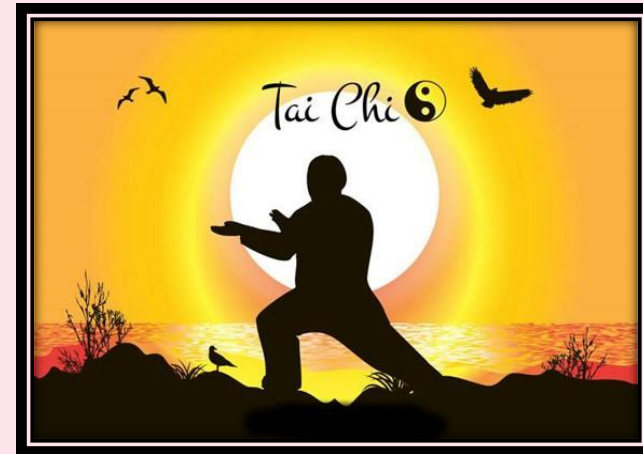
Why HIIT?

Burn more fat
Increase stamina
Lose weight, keep muscle
Revved Metabolism
Shorter workouts
Don't get bored

Stress Management: While stress does not directly weaken or cause physical damage to the heart, the hormones your body makes when you're emotionally stressed may damage your arteries, leading to heart disease. Your body is constantly adjusting to the environment, it is a brilliant biological antenna that receives incoming information & reacts to meet the needs of survival within that moment. The heart has a unique response to the environment & therefore is also in a constant state of flux. For example, if you are out for a walk & suddenly a Saber-toothed Tiger leaps out & is looking for a meal, before your legs start sprinting or you move to clamber up a tree, your heart rate & blood pressure will increase in preparation for an attack. This is due to the release stress hormones such as cortisol, adrenaline. These hormones stimulate the heart & pushes blood out to the extremities in order to Run Fight or Freeze. Hopefully after the Tiger has gotten bored of waiting at the bottom of a tree, the stressor is gone & the body will re-adjust to a relaxed state & stress hormone will dissipate. Needless to say, while we may not be running from Saber-toothed Tigers or hunting down Mammoths anymore, there is plenty of stress in modern day all be it stress of a different kind. From daily stressors like traffic, relationships, finances, deadlines, poor sleep, caffeine over consumption, to emotional & chemical stressors, all leading to Toxic Overload within the body and taxing the heart.

So how does one learn to become anti fragile in a stressed-out world?

***** If you are currently dealing with chronic stress that is taking its toll on your Heart Health, Consider Joining the Blood Pressure Solution Group & Check out The Blood Pressure Solution Program for Advanced Nutritional Guidance, & Stress Management with Mindset Mastery!*****





***Two Lies about Heart
Health & High Blood
Pressure.***



Avocado



Durian



Olives



Olive Oil



Almonds



Brazil Nuts



Pecans



Walnuts

Healthy Fats for Skin, Hair and Health!



Pistachio



Macadamia Nut



Hazelnuts



Cashews



Sachi Inchi Seeds/Oil



Red Palm Oil



Hemp Seeds/Oil



Pumpkin Seeds



Flax Seeds/Oil



Sunflower Seeds



Sesame Seeds



Coconut/Oil



Fried Foods, Pastries, crackers, biscuits, donuts, corn oil, canola oil, processed cheese & meats, are some of the food that have refined Oils & toxic fats.

Fat IS Bad

Why is Fat Essential?

It's a major source of energy. Fats act as a catalyst for essential vitamin & mineral absorption. Fat is needed to build cell membranes, cushion vital organs, is essential for blood clotting, muscle movement, Hormonal balance, helps regulate body temperature, is a good source of sustainable energy, & essential for healthy Brain function. Infact your brain is made up of about 60% fat! There are even Heart Healthy fats that have been shown to promote optimal Heart function & longevity for the ever laboring organ.

So why has fat been demonized & cast out of the good graces of health gurus united (unofficial)? There are several contributing factors ranging from the grain Industries commercialization & profit of low fat & fat free products to the quality of fats that are available on the market. Many store bought & packaged good are made with highly processed oils that become damaged during an extreme heating process to create a longer shelf like. These Hydrogenated & partially Hydrogenated oils are linked with many health conditions including: Heart disease, Strokes, Diabetes, High Blood Pressure, Depression, Brain Fog, Dementia, Autism, & Cancers. Unfortunately in the Standard American Diet (S.A.D), many people are consuming packaged & processed foods in their daily nutrition, which reflects in the overall health statistic steady decline & the rate of heart disease, obesity, & cognitive disorders continue a rapid increase.

So how does one identify essential fats & avoid the unhealthy processed impostures?

Rule #1: If man made it, don't eat it! Package, processed & refined foods are most often full of processed cooking oils as well as added refined sugar, preservatives, dyes, & added ingredients.

Rule#2: Know Where your good fats come from. While there are many fats that are denaturalized & toxic, there is also an abundance of healthy fats that can be found in raw unrefined Oils & in whole foods. Take alook at the pictures to see examples of healthy unrefined fats that are easily found in many grocery stores.

Salt is Bad:

Salt or Sodium Chloride is a usual suspect in hypertension or high blood pressure & with reasonable suspicion.



On the average Standard Americans Diet, we consume almost 3X the daily recommendations for sodium intake as The American Heart Association recommends 1,500 milligrams of sodium or less, while Americans general intake is about 3,400 milligrams. That is a lot of salt, but quantity is only ½ the equation. Quality in salt ranges from raw Rock Salts to Table Salt which is a farther journey then one might expect. Why do we eat salt in the first place? It makes food taste good right? Our cravings for salty foods may be stemming from an evolutionary survival standpoint, as salt in its natural form can contain up to 82 of the 84 essential mineral the body needs in order to function optimally & in some cases essential for life. In fact, one of the requirements for life to function is, the water-soluble conductor Sodium. So why is it that salt has gotten a bad reputation & is often targeted as a potential cause of High Blood Pressure? The missing link can be found in the missing in the 82 Minerals that have been stripped out of the standard White table salt used at most tables & common Eateries. Infact, through this refining process the only mineral that are not the refined white table salt has to be Bleached white to obtain that pristine consistent color. Now if highly processed, bleached, nutrient stripped, mass produced salt wasn't enough to make one ditch the crystalline killer, perhaps this next chemistry fact will. All foods have either an Acidic effect on the body or an Alkalizing effect, including salt. When the naturally buffering minerals in raw salt are reduced to only sodium & chloride (table salt). It also becomes extremely acidic within the body. This is a big warning sign, as most if not all diseases tend to grow in acidic environments including: Cancer, Arthritis, Cardiac conditions, Hormonal Imbalances, Dementia & Alzheimer's, Atherosclerosis, & many more diseases.

Bottom Line: Keep you food & your body in an Alkaline balance.

*Full Grocery Store Guide included in the Blood Pressure Solution Program detailed with Whole Food category chart, Super food Spices & Herbs, & at home finctures for a healthy Heart. How to navigate Natural Nutrition in the Modern Day

Whole Mineral Salts




Refined Iodised salt	Himalayan Rock Salt
	
Undergone heavy chemical processing.	No chemical processing, rock salt is handmined.
Iodine has to be added artificially	Usually contains Iodine naturally.
Often contains additives to keep it from clumping.	Doesn't contain any such additive.
During refining, loses most of its mineral constituents.	Its mineral contents remain intact.

Safe to say we all want long happy healthy lives, which is why Heart Health & having the knowledge to build healthy habits into an Empowered lifestyle is a wise investment. Here's the golden part, many of the steps it takes to build a strong heart also build a strong body and often spell cost anymore then a grocery store trip, doing a fun favorite activity, and a connection to whatever you find in Heaven or life that bring a grounded state and peace to Heart and Mind.

It can't be that simple! What about modern medicine backed by million dollar studies and countless careers in health specialties, surly we are at the pinnacle of healthcare. Yet we have health epidemics like never before in recorded history. From heart disease, high blood pressure/hypertension, to diabetes, cancer, and even cognitive loss in the old and young.

- **The Big Picture:** Man cannot out trial the test of time under tension, in this case our evolution. We, the biological species of mankind have fought through millions of years of adapting to this planet, from the cellular level up. We are designed to survive and thrive on this planet. What we are not designed for is toxic overload. Modern Medicine has very much benefited society providing aid and intensive lifesaving treatments, but as of this point there is no medicine for a toxic lifestyle, only medicines that can turn off the bodies reaction to effects of these toxins. In short; Many modern day diseases stem from modern day lifestyle and too often Heart Disease and High Blood Pressure.



- **My Mission:** After facing my own series of health challenges and finding little sustainable treatment in the modern medical world, I turned to Holistic Health and have never looked back. My mission is to share the knowledge and practice of Holistic Health to guide others who are ready & willing to try a new approach to health and wellbeing. High Blood Pressure is a modern epidemic that can be eradicated with the proper knowledge tools practice and community. If you are currently struggling with High Blood Pressure or know someone who is, you want to live without fear or worry over your Heart Health, reduce stressful & costly medications, all while building your heart health into an unstoppable Bio-machine, come **join the Heart health tribe at: "Blood Pressure Solution" Group on Facebook**