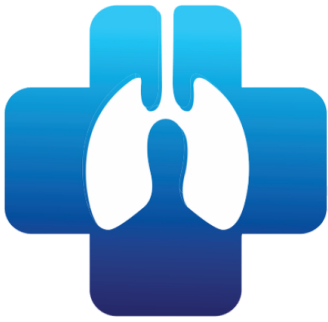




Advanced Respiratory & Sleep Medicine

SKAND Corporation

Pulmonary/Critical Care/Neurocritical Care/Sleep Medicine

105 N. Bascom Ave. Suite. 202 San Jose, CA 95128

P: (408) 993-1500 F: (408) 993-1521

Hypertension: Understanding and Managing High Blood Pressure

Definition:

Hypertension is defined as a blood pressure reading of 140/90 mmHg or higher on two separate occasions.

Why Blood Pressure Matters:

Blood pressure is essential for delivering oxygen, nutrients, and blood to all organs in your body. Uncontrolled hypertension can damage both large and small arteries, leading to serious health complications, such as:

- Cognitive Impairment: High blood pressure can damage blood vessels in the brain, leading to difficulties with memory, concentration, and an increased risk of stroke.
- Organ Damage: Hypertension puts excessive strain on the heart, kidneys, and other vital organs, potentially leading to long-term health issues.

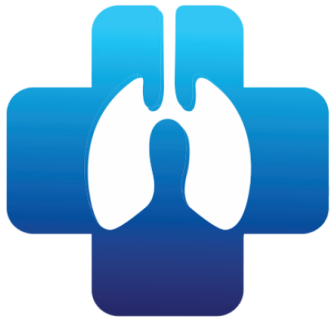
Natural Ways to Lower Blood Pressure

1. Prioritize Rest & Sleep

- Aim for at least 7 or more hours of quality sleep per night on a regular basis.

2. Exercise Regularly

- Engage in 30 minutes of physical activity daily, gradually increasing by 5 minutes per week.
- Start at your own pace:
 - Chair exercises (if mobility is limited)
 - Walking, dancing, biking, swimming, climbing stairs, etc.
- Begin with just 5 minutes a day and increase gradually.



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3. Reduce or Eliminate Foods That Raise Blood Pressure

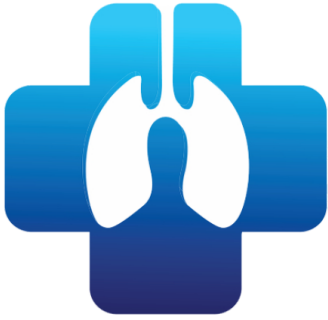
Limit intake of:

- Salt and sugar
- Fried foods
- Caffeinated beverages (including coffee, black tea, green tea, white tea, and even decaffeinated versions)
- Alcohol (beer, wine, liquor)
- Animal-based proteins (chicken, beef, pork, dairy, cheese)
- Processed and preserved foods, including:
 - Frozen and pre-packaged foods
 - Canned foods
 - Chips, sausages, olives, capers, tapenade
 - Dressings, marinades, tomato sauces, and other processed condiments

4. Eat Blood Pressure-Lowering Foods at Every Meal

Incorporate these heart-healthy foods into your diet, especially the bolded ones:

- Leafy Greens (*arugula, spinach, kale, spring mix, basil, cilantro, parsley, Swiss chard*)
- Beets & Beet Greens
- Beans (*chickpeas, black beans, pinto beans, etc.*)
- Avocados
- Rhubarb
- Celery
- Radishes
- Green Beans
- Broccoli
- Mushrooms
- Berries (*blueberries, strawberries, etc.*)
- Citrus Fruits
- Fish (*salmon, cod, etc.*)



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- Sweet Potatoes
- Watermelon
- Unsalted Seeds (*pumpkin, chia, flaxseeds, etc.*)
- Carrots
- Blood Pressure-Reducing Spices (*celery seed, cilantro, basil, parsley, saffron, lemongrass, black cumin, ginseng, cinnamon, cardamom, sweet basil, and ginger*)

Maintaining healthy blood pressure requires consistent lifestyle changes, including a nutrient-rich diet, regular physical activity, and proper sleep habits. By making small, gradual improvements in your daily routine, you can naturally support your cardiovascular health and reduce the risk of complications.