Blood Pressure Chart

Systolic mm Hg
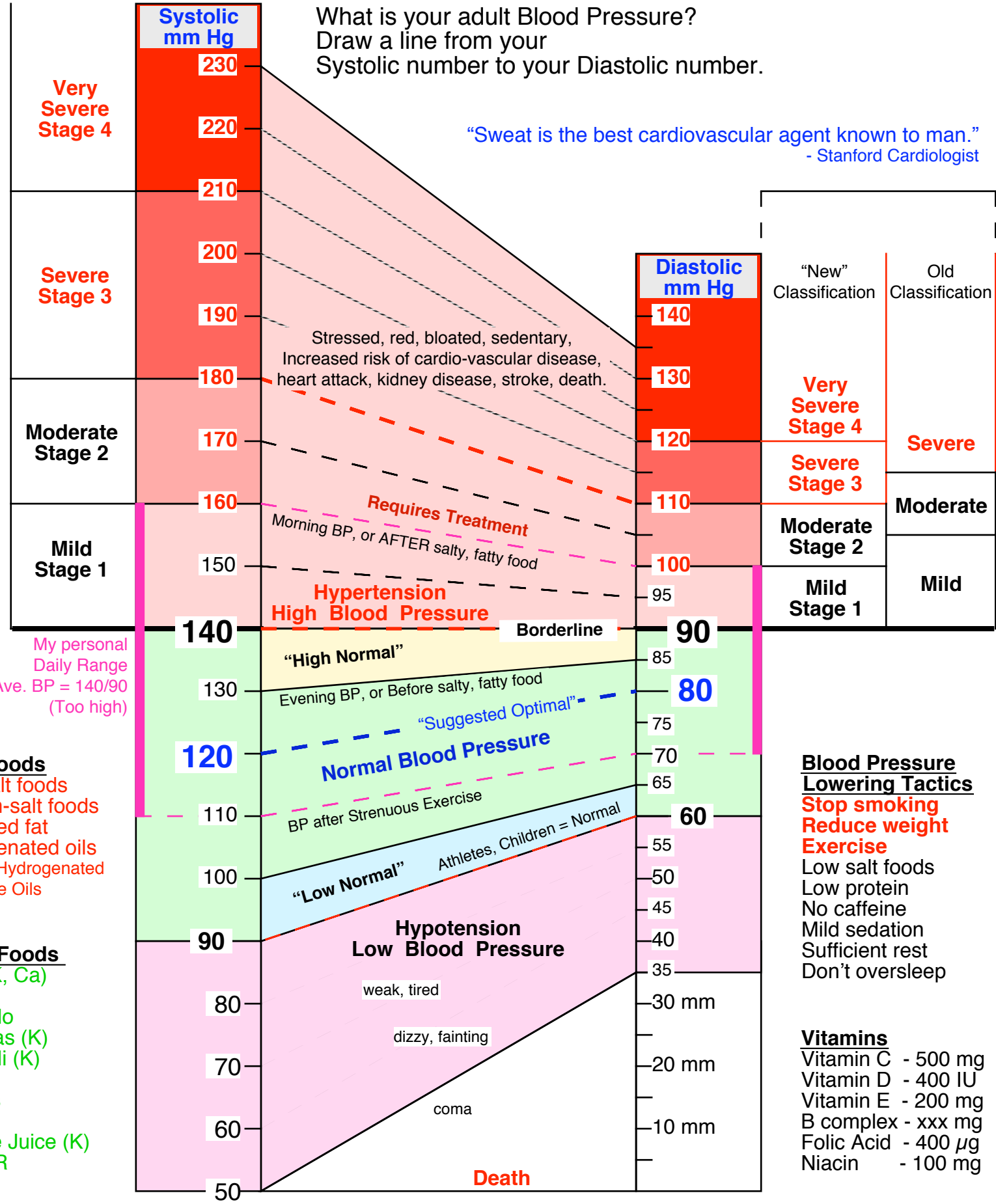
What is your adult Blood Pressure?
Draw a line from your
Systolic number to your Diastolic number.

"Sweat is the best cardiovascular agent known to man."
- Stanford Cardiologist

Very Severe Stage 4
230
220
210

Severe Stage 3
200
190

Moderate Stage 2
180
170

Stressed, red, bloated, sedentary,
Increased risk of cardio-vascular disease,
heart attack, kidney disease, stroke, death.

Mild Stage 1
160
150

Diastolic mm Hg
140
130
120
110
100
95

"New" Classification | Old Classification

Very Severe Stage 4
Severe Stage 3   — **Severe**
Moderate Stage 2 — **Moderate**
Mild Stage 1 — **Mild**

Requires Treatment
Morning BP, or AFTER salty, fatty food

Hypertension High Blood Pressure

Borderline

140 ———— **90**

My personal Daily Range
Ave. BP = 140/90
(Too high)

"High Normal"
130
Evening BP, or Before salty, fatty food
85

"Suggested Optimal"
80
75
Normal Blood Pressure
120
70
65

BP after Strenuous Exercise
110

60
Athletes, Children = Normal
55
100
50
"Low Normal"
45

Hypotension Low Blood Pressure
90 ———— 40
35

weak, tired
80
30 mm

dizzy, fainting
70
20 mm

coma
60
10 mm

Death
50

"No" Foods
High-salt foods
Medium-salt foods
Saturated fat
Hydrogenated oils
Partially Hydrogenated
Vegetable Oils

"Yes" Foods
(High K, Ca)
Apples
Avocado
Bananas (K)
Broccoli (K)
Fish
Grapes
Oats
Orange Juice (K)
WATER

Blood Pressure Lowering Tactics
Stop smoking
Reduce weight
Exercise
Low salt foods
Low protein
No caffeine
Mild sedation
Sufficient rest
Don't oversleep

Vitamins
Vitamin C - 500 mg
Vitamin D - 400 IU
Vitamin E - 200 mg
B complex - xxx mg
Folic Acid - 400 μg
Niacin   - 100 mg

Amino Acids
Co-Q10 -   120 mg
l-carnitine - 1000 mg

Foods
Flax oil   -   1 tbl
Fish oil- EPA 600 mg
           - DHA 400 mg

Herbs
Hawthorne Berry - 1.5 g
Garlic - lots (selenium)

Minerals
calcium   - 666 mg
magnesium- 266 mg
potassium- 2500 mg

Fname: md-11.blood-pressure.18