

A Natural Way

Family Health Clinic

Hypertension- High Blood Pressure

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The Health of the Family = The Health of the Community **

Hypertension Management



Nearly 1 in 3 adult Americans or 73 million people suffer from Hypertension. It is estimated that at least half of these are untreated. Uncontrolled hypertension/high blood pressure contributes to some of the leading causes of death in the United States: heart disease, cancer, stroke, and diabetes.

The pressure of the blood leaving the heart against the blood vessels (arteries) makes up blood pressure readings. In people with hypertension, these pressures are abnormally high, and they are represented by two numbers. The first is the systolic pressure (SBP) which reflects the pressure when the heart beats or contracts. It is always the highest of the two numbers. The second number, the diastolic blood pressure (DBP), represents the heart at rest between contractions. High blood pressure can be Primary or Secondary. Primary hypertension is due to a cause other than an underlying disease. Whereas, secondary hypertension is due to some underlying disease process such as kidney disease.

Because high blood pressure usually causes no symptoms until one has complications, it is referred to as the **Silent Killer**. Treatment aims to lower blood pressure below 140/90 mm/hg.

| Blood Pressure Reading Ranges | | |
|-------------------------------|-----------|------------|
| Classification | SBP | DBP |
| Normal | <120 | and < 80 |
| Prehypertension | 120 – 139 | or 80 – 89 |
| Stage 1 | 140 – 159 | or 90 – 99 |
| Stage 2 | >160 | or > 100 |

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How to Prevent and Reduce Hypertension

Give up the meat. Go plant-based! Research consistently confirms that those who eat primarily a vegetarian diet have significantly lower systolic and diastolic blood pressures compared to those who eat animal products. Eat freely of these:

1. **Whole grains** – Items made with brown flour, brown rice, brown pasta; barley, quinoa, buckwheat, whole grain cereal
2. **Beans/legumes** – black beans, navy beans, pinto beans, black-eyed peas, lentils, navy beans, split peas, and tofu. Rinse off excess sodium if using commercially canned products. Dried beans cooked are highly recommended over canned products.
3. **Vegetables** – fresh and frozen vegetables such as collard greens, turnips, Bok Choy, spinach, turnips, broccoli, corn, potatoes, etc.
4. **Fruit** – fresh or frozen, apples, blueberries, bananas, oranges, mango, pears, peaches, guava, grapefruits, pineapple, etc. Fruits and vegetables cause a release of a hormone that opens up blood vessels. Eating up to six servings of both fruits and vegetables can reduce blood pressure.
5. **Reduce Salt Intake:** The American Heart Association recommends that everyone consume less than 1,500 mg of sodium daily – less than $\frac{3}{4}$ quarters of a teaspoon of salt. The average adult in American consumes about twice the daily recommended amount.
 - a. Low Sodium – contains 140 milligrams or less per serving
 - b. Very Low Sodium – contains 35 milligrams or less sodium per serving
 - c. Salt/Sodium free – contains less than 5 milligrams of sodium per serving

Maintain a Healthy Weight



Being overweight and obese increases your chances of developing high blood pressure.

Lifestyle Consideration for Managing Hypertension

Primary lifestyle considerations include: Smoking, Stress and Lack of Exercise. The most important dietary factors that negatively impact blood pressure are:

- Excessive calorie intake
- High sodium to potassium ratio
- Low fiber
- High sugar diet
- High consumption of saturated fat
- Low consumption of essential fatty acids
- A diet low in calcium, magnesium, or vitamin C
- Excessive alcohol and caffeine intake

Useful foods for reducing high blood pressure

- Celery
- Garlic and onions
- Nuts and seeds or their oils
- Green leafy vegetables
- Whole grains and legumes
- Foods rich in Vitamin C, such as broccoli and citrus fruits
- Foods rich in flavonoids, including berries, cherries, grapes, and red kidney beans

Stress – Stress can be the cause of high blood pressure in many instances. A powerful way to manage stress and have more energy is diaphragmatic breathing.

Exercise - Population based studies consistently demonstrate an inverse relationship between physical activity and blood pressure. In other words, the more one exercises, the lower the blood pressure.

Caffeine – Caffeine consumption can produce an immediate short-lived increase in blood pressure.

Botanicals that may Aid with Hypertension/High Blood Pressure Reduction

- Dandelion
- Forskolin
- Garlic
- Hawthorne
- Hibiscus

Scriptural Promises to Claim for Health Restoration

- I can do all things through Christ who strengthens me. Philippians 4:13
- And He said unto me, My grace is sufficient for thee: for My strength is made perfect in weakness.
2 Corinthians 12:9

- God, your God, will restore everything you lost; He'll have compassion on you; He'll come back and pick up the pieces from all the places where you were scattered. Deuteronomy 30:1 – 3 MSG
- But my God shall supply all your need according to His riches in glory by Christ Jesus. Philippians 4:19
- Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us. To Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen. Ephesians 3: 20-21

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A Non-Profit Business with an Alternative Natural Health/ Lifestyle Medicine Approach

A N N O U N C E M E N T S

- **Congratulations to Dr. Sheila Davis, FNP-c who successfully passed the American College of Lifestyle Medicine Board Certification exam to become a board certified lifestyle medicine professional. She is now a Diplomate of the American College of Lifestyle Medicine.**
- **A Natural Way Family Life Clinic will host a free breadmaking class for children ages 8 -13 at the clinic on Monday, January 21 from 2:00 – 4:00. Space is limited. Call now to reserve your spot.**
- **A Natural Way Family Life Clinic has started a monthly Support Group for those who need that little extra help with meal planning and healthy eating. Call the clinic for more details.**
- **Dr. Fiona Lewis, a doctoral prepared nutritionist, is a friend of A Natural Way Family Health Clinic and an expert in vegan and vegetarian cuisines. Watch out for her upcoming book signing at A Natural Way.**

