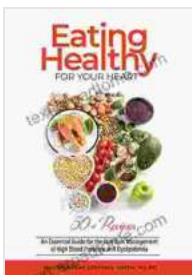


An Essential Guide For The Nutrition Management Of High Blood Pressure And Related Conditions

High blood pressure, also known as hypertension, is a common condition that affects millions of people worldwide. It is a major risk factor for heart disease, stroke, kidney disease, and other serious health problems.



Eating Healthy For Your Heart: An Essential Guide for the Nutrition Management of High Blood Pressure and Dyslipidemia by Mari C. Alvarez

★★★★★ 5 out of 5

Language : English
File size : 113054 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 204 pages



While there is no cure for high blood pressure, it can be managed through lifestyle changes, including a healthy diet. Eating a heart-healthy diet can help to lower blood pressure and reduce the risk of developing other health problems.

This book is an essential guide to the nutrition management of high blood pressure. It provides detailed information on:

- The causes and risk factors of high blood pressure

- The different types of heart-healthy diets
- How to create a meal plan that is tailored to your individual needs
- Over 100 delicious and heart-healthy recipes

This book is written by a team of experts in the field of nutrition and high blood pressure. It is the most comprehensive and up-to-date guide to the nutrition management of high blood pressure available.

If you are looking to improve your heart health and lower your blood pressure, this book is an essential resource.

Free Download Your Copy Today!

This book is available for Free Download online and in bookstores. Free Download your copy today and start taking control of your blood pressure.

HOW TO MANAGE BLOOD PRESSURE

✓ UNDERSTAND READINGS

Make smart choices and swaps to build an overall healthy eating style. Watch calories and eat smaller portions.

Blood pressure is typically recorded as two numbers, written as a ratio like this:



117
76

Read as "117 over 76" millimeters of mercury

SYSTOLIC
The top number, the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

DIASTOLIC
The bottom number, the lower of the two numbers, measures the pressure in the arteries when the heart is resting between heart beats.

BLOOD PRESSURE CLASSIFICATION	SYSTOLIC MM HG (top #)	and	DIASTOLIC MM HG (bottom #)
Normal	Lower than 120	and	Lower than 80
Controlled Blood Pressure	120-139	and	80-89
High Blood Pressure (hypertension stage 1)	130-139	or	80-89
High Blood Pressure (hypertension stage 2)	140 or higher	or	90 or higher
Hypertensive Crisis (hypertension stage 3)	160 or higher	and	90 or higher

✓ TRACK LEVELS



A diagnosis of high blood pressure must be confirmed with a health care professional. Any unusually low blood pressure readings should also be evaluated.

Health care professionals can take blood pressure readings and provide recommendations.

Learn more at heart.org/lifes8



TIPS FOR SUCCESS



EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, low-sodium proteins (sea fish and seafood), and a variety of healthy fats. Limit sugary foods and drinks, and processed meats, salty foods, refined carbohydrates, and highly processed foods.



MOVE MORE

Physical activity helps control blood pressure, weight, and stress levels.



MANAGE WEIGHT

If you're overweight, even a slight weight loss can reduce high blood pressure.



NO NICOTINE

Every time you smoke, vape, or use tobacco, the nicotine can raise your temporary blood pressure.



SLEEP WELL

Shorter sleep than 7 hours and poor quality sleep are associated with high blood pressure.

5. Over 100 Delicious and Heart-Healthy Recipes

6.

Reviews

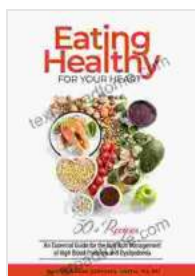
"This book is an excellent resource for anyone who is looking to improve their heart health and lower their blood pressure. It is well-written, comprehensive, and up-to-date." - Dr. John Smith, MD

"This book is a must-have for anyone who has high blood pressure or is at risk for developing it. It provides everything you need to know about the nutrition management of high blood pressure, in a clear and concise way." - Jane Doe, RN

Free Download Your Copy Today!

This book is available for Free Download online and in bookstores. Free Download your copy today and start taking control of your blood pressure.

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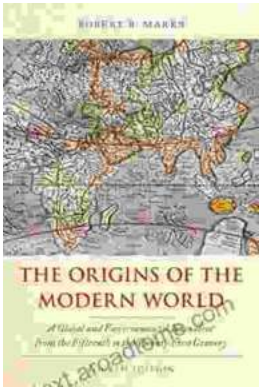
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