

Blood Pressure and Your Environment

By Renee Lea-Currie, Ph.D.
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We finish the last Round of the EAT MORE PLANTS CHALLENGE. Thank you to all the participants.



With even more FDA recalls of blood pressure (BP) medicine Valsartan as well as brand and generic forms of the heartburn drug Zantac (ranitidine) due to contamination with chemical N-Nitrosodimethylamine (NMDA), it is more important to take advantage of the God's natural methods to stay healthy.

Things about blood pressure you CANNOT Control	Things about blood pressure you CAN Control
<ul style="list-style-type: none"> • Age • Race • Family History • Genetics 	<ul style="list-style-type: none"> • Nutrition (lower sodium, enjoy BP friendly foods, hibiscus) • Stress Relief • Get Adequate Rest • Anger Management/ Your response to life stressors • Stop Alcohol and Tobacco use (#1 cause high BP) • Stop Caffeine use • Enjoy more physical activity

Foods that lower blood pressure that you can enjoy.

Watermelon, berries, beets, avocado, garlic, leafy green vegetables, garlic, dark chocolate, fermented foods (apple cider vinegar, yogurt, miso, tempeh,)

Watermelon is the richest known dietary source of the amino acid citrulline that is used to make arginine. Arginine is used to help dilate blood vessels to improve blood flow thereby lowering blood pressure and improving ED in men.

H P E R E Y A R P F S E
S I F R R Y R Q S A L N
W M B N U R A C E M E I
E U S I S T I B X I S L
N I L S S T A J P L S L
W D S O E C B N O Y E U
A O H N R R U N S H V R
T S E U P T T S U I D T
E G F R D H N S R S O I
R W A T O G A O E T O C
M X I U O I C G C O L J
E V T R L E T S E R B W
L W H E B W G U N Y S M
O S O C I A L M E D I A
N O I S N E T R E P Y H

AGE
BLOOD
PRESSURE
BLOOD VESSELS
CITRULLINE
CONTROL
EXPOSURE
FAITH
FAMILY HISTORY
GENETICS
HIBISCUS
HYPERTENSION
NATURE
NEWS
NURTURE
PRAYER
RACE
REST
SOCIAL MEDIA
SODIUM
STRESS
WATERMELON
WEIGHT

DID YOU KNOW?

The average public toilet could be cleaner than your cell phone. Most cell phone contains 25,000 bacteria per square inch.

To disinfect your mobile device, spray a cloth (never direct) with **at least 50%** alcohol/water mix. Then wipe the phone on all sides. Use a dry microfiber cloth to dry any residue. Wash hands before touching

Why all the drama about NMDA?

NMDA has been known to cause cancer in animals, is classified as "probably carcinogenic" to humans and is toxic to the liver.