

HYPERTENSION

High Blood Pressure (BP)

ACC/AHA Guidelines

Normal: <120 / <80 mmHg

Elevated: 120-129 / <80

Stage 1: 130-139 / 80-89

Stage 2: ≥ 140 / ≥ 90

Hypertensive crisis:

- ≥180 / ≥ 120

Consequences of untreated HTN

- Coronary heart disease (heart attack, heart failure)
- Stroke
- Kidney disease / failure
- Vision loss

Risk factors

- Elevated BP: 120-129/<80
- Overweigh or obesity
- Diabetes mellitus
- Cigarette smoking, vaping, secondhand smoke
- Physical inactivity
- Unhealthy diet
- Excessive alcohol intake



Lifestyle choices to regulate blood pressure

- Avoid processed and refined foods.
- Minimize grains and sugar. Just 2.5 sugary drinks per day can lead to 77% increased risk of stage 2 hypertension.
- Limit fructose - it drives up uric acid, prevents relaxation of blood vessels, leads to increase in blood pressure.
- Consume fermented foods - they improve gut microbiome and provide vitamin K2 needed for heart health.
- Normalize your vitamin D levels to 40-60 ng/ml. Low levels are associated with arterial stiffness and ↑BP.
- Incorporate dry, wet, or infrared sauna which improves cardiac output and left ventricular ejection fraction.
- Implement intermittent fasting.
- Address day-to-day stress.
- Exercise regularly.