# Blood Pressure Chart

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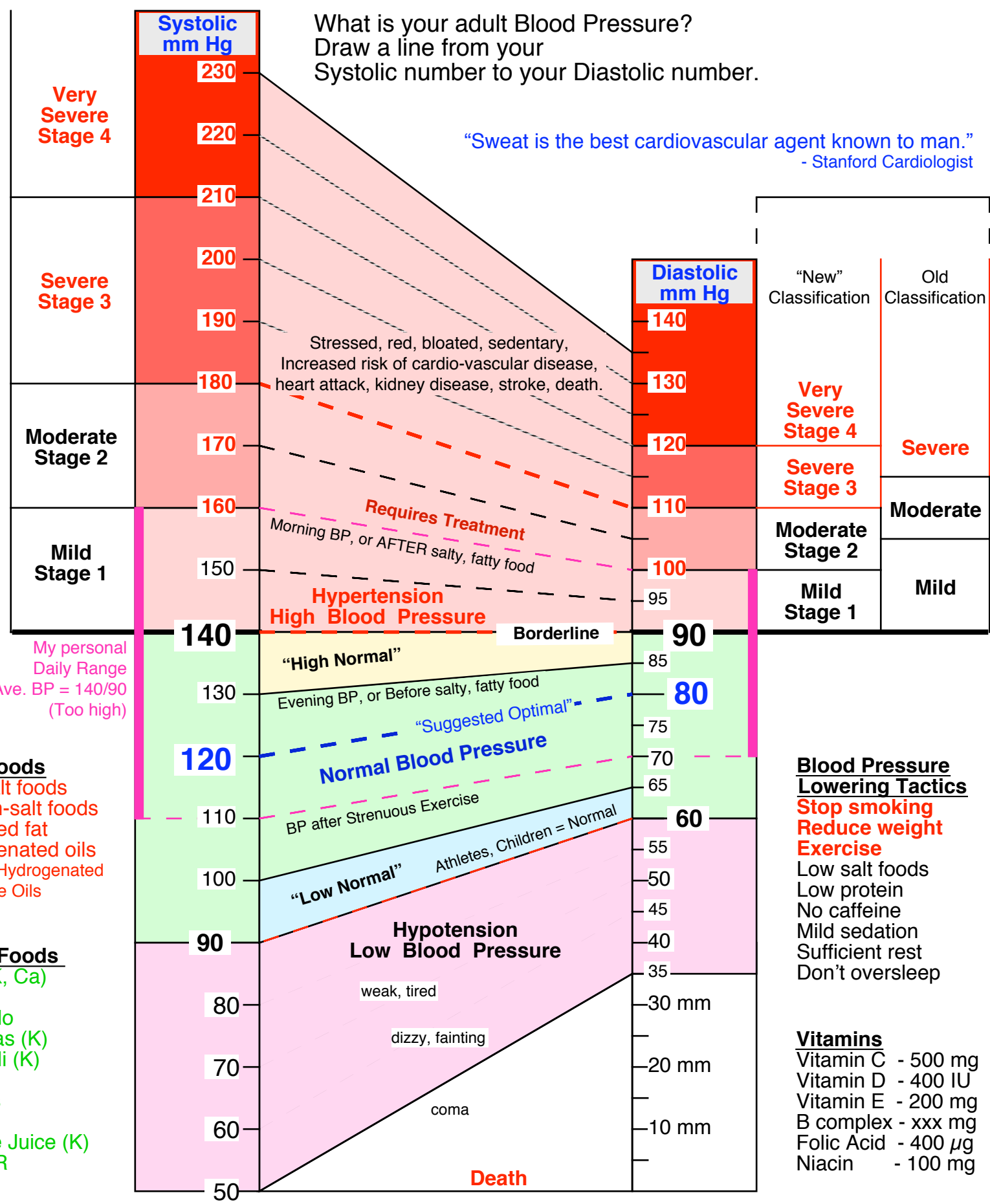
What is your adult Blood Pressure?
Draw a line from your
Systolic number to your Diastolic number.

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

**Very Severe Stage 4**

230
220
210

**Severe Stage 3**

200
190

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

**Diastolic mm Hg**

140
130
120

"New" Classification | Old Classification

**Very Severe Stage 4**

**Severe Stage 3**

**Severe**

**Moderate Stage 2**

180
170

**Requires Treatment**

Morning BP, or AFTER salty, fatty food

110

**Moderate Stage 2**

**Moderate**

**Mild Stage 1**

160
150

**Hypertension High Blood Pressure**

140

100
95

**Borderline**

**90**

**Mild Stage 1**

**Mild**

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

"Low Normal"   Athletes, Children = Normal

**60**

100

55
50
45

**90**

**Hypotension Low Blood Pressure**

weak, tired

40
35

80

dizzy, fainting

30 mm

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 $\mu$g
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