

Balancing Blood Pressure (Hypertension)

Definition:

According to the American Heart Association, high blood pressure is defined as a systolic pressure of greater than 140 millimeters of mercury (mm Hg) and a diastolic pressure of greater than or equal to 90 mm Hg. High blood pressure increases the risk of cardiovascular disease and stroke.

Energy Centers Involved: Root and heart.

Nutrition:

Drink adequate water (half your lbs. of body weight in liquid oz.)

Avoid processed foods containing sugar, refined carbs, vegetable oils and trans fats, as these foods increase risk for increased blood fats, obesity and diabetes.

Reduce processed salt intake.

Curb alcohol and caffeine intake as they both have a dehydrating effect as well as affect your adrenals, nervous system, and sleep.

Eat more ***fiber, vitamin and mineral*** rich plant food relative to animal food.

Emphasize green leafy vegetables, beets and celery rich in minerals to balance blood pressure.

Allicin-rich garlic and dark chocolate, rich in flavonoids (in moderation, and at least 80% mass) are other blood pressure lowering foods.

Supplementation:

High quality multi vitamin/mineral supplement containing vitamin C, E and B Complex, as well as minerals such as calcium, magnesium.

Emotions: Frustration, anger, overwhelm

Affirmations:

“I let go of the outcome”

“I embrace the FLOW of life”

“I am flexible”

Meditation:

Spend 5 minutes meditating on the word, “pressure”, keeping open, yet detached from any outside thoughts or images that come up. Write them down in a journal.

Do the same with the word “flexibility” while jotting down any insights that come up. Finish by placing your findings together to come up with solutions to make yourself more flexible in the even to pressure in the future.