TREATING HIGH OR LOW BLOOD PRESSURE

Blood Pressure Chart

- **Too High**: Medication is absolutely necessary to prevent heart attack and stroke.
- **Far Too High**: Medication is strongly advised.
- **Too High**: Most doctors will prescribe meds.
- **Borderline**: Some doctors will prescribe meds.
- **Excellent**: Athletes and children.
- **Too Low**: Meds may be required to prevent fainting and syncope.
- **Medication Required**: Required to prevent fainting syncope.

Systolic:
- 185 - 230
- 165 - 180
- 150 - 160
- 135 - 145
- 105 - 130
- 90 - 100
- 70 - 85
- 50 - 65

Diastolic:
- 35 - 45
- 50 - 55
- 60 - 65
- 70 - 85
- 85 - 90
- 95 - 100
- 100 - 110
- 110 - 115
- 115 - 135

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Blood Pressure Chart

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

“New” Classification

Very Severe Stage 4

Severe Stage 3

Moderate Stage 2

Mild Stage 1

Diastolic mm Hg

140

130

120

110

100

90

80

70

60

50

My personal Daily Range
Ave. BP = 140/90
(Too high)

“High” mm Hg

Very Severe Stage 4

Severe Stage 3

Moderate Stage 2

Mild Stage 1

“New” Classification

“Old” Classification

Stage 1

Stage 2

Stage 3

Stage 4

Systolic mm Hg

230

220

210

200

190

180

170

160

150

140

130

120

110

100

90

80

70

60

50

Hypertension

High Blood Pressure

BORDERLINE

“High Normal”

“Suggested Optimal”

Normal Blood Pressure

“Low Normal”

Hypotension

Low Blood Pressure

weak, tired

dizzy, fainting

coma

death

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 μg
Niacin - 100 mg

Minerals

calcium - 666 mg
magnesium - 266 mg
potassium - 2500 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)

“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
Cats
Orange Juice (K)
WATER

These are the personal thoughts of the author - nothing is implied, promised or guaranteed - no advice is intended.
Blood pressure (BP),

Sometimes referred to as arterial blood pressure, is the pressure exerted by circulating blood upon the walls of blood vessels, and is one of the principal vital signs. When used without further specification, "blood pressure" usually refers to the arterial pressure of the systemic circulation, usually measured at a person's upper arm. A person’s blood pressure is usually expressed in terms of the systolic pressure over diastolic pressure and is measured in millimeters of mercury (mm Hg). Normal resting blood pressure for an adult is approximately 120/80 mm Hg.

Blood pressure varies depending on situation, activity, and disease states, and is regulated by the nervous and endocrine systems. Blood pressure that is pathologically low is called hypotension, and pressure that is pathologically high is hypertension. Both have many causes and can range from mild to severe, with both acute and chronic forms. Chronic hypertension is a risk factor for many complications, including peripheral vascular disease, heart attack, and stroke. Hypertension is generally more common, also due to the demands of modern lifestyles. Hypertension and hypotension go often undetected because of infrequent monitoring.

<table>
<thead>
<tr>
<th>Blood Pressure Condition</th>
<th>Systolic / Diastolic pressure (mm Hg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hypertension stage 4</td>
<td>210 / 120</td>
</tr>
<tr>
<td>Hypertension stage 3</td>
<td>180 / 110</td>
</tr>
<tr>
<td>Hypertension stage 2</td>
<td>160 / 100</td>
</tr>
<tr>
<td>Hypertension stage 1</td>
<td>140 / 90</td>
</tr>
<tr>
<td>High normal blood pressure</td>
<td>130 / 85</td>
</tr>
<tr>
<td>Normal blood pressure</td>
<td>120 / 80</td>
</tr>
<tr>
<td>Low normal blood pressure</td>
<td>110 / 75</td>
</tr>
<tr>
<td>Borderline Hypotension</td>
<td>90 / 60</td>
</tr>
<tr>
<td>Serious Hypotension</td>
<td>60 / 40</td>
</tr>
<tr>
<td>Very Serious Hypotension</td>
<td>50 / 33</td>
</tr>
</tbody>
</table>
The energy index can tell us of the potassium / calcium balance in the body as a reflection of the sympathetic / parasympathetic system balance.

High \((140+90)\times 86 = 20,000\)

Needs Potassium Diet, stress reduction, exercise + lower sodium and calcium

Normal \((120+80)\times 70 = 14,000\)

Potential Deficient

Sympathetic Nervous Dominant > 19,000 plus

Calcium Deficient

Parasympathetic Nervous Dominant < 9,000 less

The body must balance the Parasympathetic and Sympathetic Systems as well as balance Potassium and Calcium, Magnesium and Phosphorous
"Education and Treatment Starts with Teaching Patients what NOT to Eat, Say and Do"

Desire' Dubounet
MUST AVOID

4 White Deaths

White Sugar
Salt
Pork Fat (the other white meat)
White Flour
5 Dangers of Diet Soda

You already know diet soda is bad for you, but now new research adds 5 more reasons not to drink diet soda:

1. Diet soda drinkers have a dramatically higher risk of heart attack and stroke.
2. Aspartame is linked to: High blood pressure, dizziness, fatigue, and even sleep disorders.
3. Waistlines of those who consumed diet drinks expanded 70% faster than those who didn’t.
4. Diet soda drinkers stop associating sweetness with calories and fullness, leading to overeating, weight gain, and elevated sugar levels.
5. Acid wears down your tooth enamel (battery acid is a 1 on the pH scale and cola is a 2.5).

rawforbeauty.com
source: undergroundhealthreporter.com

Funny, They Don't Taste Salty

<table>
<thead>
<tr>
<th>SERVING</th>
<th>BAKERY/BARS</th>
<th>SYRUP</th>
<th>BREAD</th>
<th>DRESSING</th>
<th>CHEESE</th>
</tr>
</thead>
<tbody>
<tr>
<td>COOKIES</td>
<td>Three Oreos</td>
<td>1/4 cup Pepsis</td>
<td>1 slice Arnold whole wheat</td>
<td>Two tablespoons fruit salad dressing</td>
<td>1/2 cup Light AmeriCheese</td>
</tr>
<tr>
<td>WAFFLES</td>
<td>Two Eggo waffles</td>
<td>1/2 cup Honey bars</td>
<td>1/4 cup Eggo Lite syrup</td>
<td>Two tablespoons fruit salad dressing</td>
<td>1/2 cup Light AmeriCheese</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SALT</th>
<th>PERCENT OF DAILY INTAKE</th>
</tr>
</thead>
<tbody>
<tr>
<td>160 mg</td>
<td>11%</td>
</tr>
<tr>
<td>410 mg</td>
<td>27%</td>
</tr>
<tr>
<td>460 mg</td>
<td>31%</td>
</tr>
<tr>
<td>160 mg</td>
<td>11%</td>
</tr>
<tr>
<td>180 mg</td>
<td>12%</td>
</tr>
<tr>
<td>170 mg</td>
<td>11%</td>
</tr>
<tr>
<td>290 mg</td>
<td>19%</td>
</tr>
<tr>
<td>480 mg</td>
<td>32%</td>
</tr>
<tr>
<td>420 mg</td>
<td>28%</td>
</tr>
</tbody>
</table>

*Percentages are calculated from the Institute of Medicine report that recommends 1,500 milligrams of salt each day as adequate for people ages 9-50; an older government standard of a 2,400 milligram daily intake appears on product labels, with correspondingly lower percentages.*
SUPER CARDIO Diet Tips

STARTS With

What NOT To EAT

1. AVOID Synthetic Foods
2. AVOID Hi Glycemic Foods
3. AVOID Processed Foods
4. AVOID White Sugars
5. AVOID Foods Boiled in Oil
6. AVOID Nitrite/Nitrate meat

Too much salt!
## Easy food substitutions

<table>
<thead>
<tr>
<th>If you usually have</th>
<th>Try instead</th>
</tr>
</thead>
<tbody>
<tr>
<td>crackers with cheese and cabanossi</td>
<td>wholegrain crispbread and reduced-fat cream cheese and tomato</td>
</tr>
<tr>
<td>sugar-coated breakfast cereal</td>
<td>natural muesli with sliced banana</td>
</tr>
<tr>
<td>creamy dressing on salad</td>
<td>mixture of balsamic vinegar and olive oil</td>
</tr>
<tr>
<td>vegetables with butter</td>
<td>vegetables with a squeeze of lemon juice and freshly ground black pepper</td>
</tr>
<tr>
<td>large fruit juice</td>
<td>fresh fruit or fruit salad</td>
</tr>
<tr>
<td>pasta with cream-based sauce</td>
<td>pasta with tomato-based sauce</td>
</tr>
<tr>
<td>baked potato with cheese and sour cream</td>
<td>baked potato with baked beans and cottage or ricotta cheese</td>
</tr>
<tr>
<td>corn chips with cream cheese dip</td>
<td>vegetable sticks with salsa or hummus</td>
</tr>
</tbody>
</table>
"Then Teach What to Eat, How to Exercise, Reduce Stress, Interact Teach How To Show Love, and Respect"

Desire'Dubounet
Dos and Don’ts to lower blood pressure

- **✓ High potassium:** in avocados, seaweeds, sunflower seeds, almonds and Brazil nuts
- **✓ High magnesium:** in green leafy vegetables, nuts and seeds, especially almonds, cashew and brazil nuts.
- **✓ High fibre:** eat plenty of vegetables, pulses such as beans, lentils and chickpeas and apples.
- **✓ High vegetables
- **✓ Keep hydrated
- **✓ Exercise regularly** combining aerobic with resistance training.

- **✗ No refined carbohydrates:** white bread, white rice
- **✗ Minimal to no grains:** even wholegrains
- **✗ No sugar:** in most processed foods, biscuits, cakes, sugary drinks and fruit juices.
- **✗ Low salt intake:** avoid processed foods and limit salt intake in general.
- **✗ Limit alcohol
- **✗ Avoid smoking
- **✗ Restrict caffeine
- **✗ Reduce stress levels

6 Foods That Help Lower Blood Pressure

[Blood Pressure website](http://www.hyp-diet.com)
Kiwi  Brussels sprouts  Almonds
Avocados  Apricots  Broccoli
Tomatoes  Cantaloupe
Bok choy  Figs  Spinach
Brazil nuts  Swiss chard  Beets

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Magnesium Rich Foods

- Chives
- Spinach
- Flaxseeds
- Okra
- Broccoli
- Basil
- Dill
- Cacao
- Brazil Nuts
- Pumpkin Seeds
- Almonds
- Pine Nuts
- Watermelon Seeds
- Spearmint
- Sesame Seeds
- Sunflower Seeds

RawForBeauty.com
ON THE ANDI SCALE, THE TOP 20 NUTRIENT-DENSE FOODS ARE:

1. Kale
2. Collard greens
3. Bok choy
4. Spinach
5. Brussels sprouts
6. Arugula
7. Cabbage
8. Romaine
9. Broccoli
10. Cauliflower
11. Green peppers
12. Artichokes
13. Carrots
14. Asparagus
15. Strawberries
16. Pomegranate juice
17. Tomato
18. Blueberries
19. Iceberg lettuce
20. Oranges

HOME REMEDY FOR HIGH BLOOD PRESSURE

Mix 1 tsp. honey with 1 tsp. ginger juice and 1 tsp. cumin powder. Take twice a day.
Foods to Eat to Control High Blood Pressure

1. Garlic is natural medicine for treating high blood pressure.
2. Don’t add salt.
3. Regular physical activity — at least 30 to 60 minutes
4. Apple cider vinegar: Vinegar alkalizes the body and lowers your blood pressure
5. Avoid Coffee.
6. Cucumber: Eat 2 fresh cucumbers every day for 2 weeks.

7. Eat Natural Potassium Rich foods
Reduce Blood Pressure Naturally

1. Drink Green Smoothies
2. Eat Ruby Grapefruit
3. Drink 2 litres of water per day
4. Exercise 1 hour each day
5. Eat lots of fruit and vegetables
6. Maintain a healthy weight
7. Manage stress
8. Increase potassium rich foods, such as bananas, tomatoes and zucchini
9. Replace iodised salt with Himalayan salt
10. Take up yoga & meditation

www.cheekychimpsmoothies.com

YOGA for Blood Pressure

www.artofliving.org
If you have high blood pressure or know you are at risk for it, yoga postures, breathing, and meditation can be powerful tools in your self-care-regime. Several studies has shown that yoga can lead to significant reductions in blood pressure, mostly likely thanks to its ability to calm stress, which can cause short-term spikes in blood pressure and maybe implicated in the long term development of the disease.

Researchers at the University of Pennsylvania medical school are conducting a large trial of yoga and other lifestyle interventions for high blood pressure, following an earlier trial that showed promising results from yoga. Of course, if you have high blood pressure, your doctor may also recommend switching to a diet high in fruits and vegetables and low in sodium, and getting daily moderate aerobic exercise to help control the condition.

If you’re a high-intensity person who’s always juggling a lot of activities, the most healing practice for you may be the one that lets you “undo”. This doesn’t mean you have to give up your favorite active vinyasa

Exercise is a Nutrient just as essential as any Vitamin or Food

Flexibility exercises help stretch muscles, protect against injury and allow the maximum range of motion for joints.
class. Try alternating days of active practice with days of quieter practice, and especially include calming forward bends and slow, deep breathing. Commit to a weekly restorative session where you set a timer and settle into a relaxation pose for at least 5 – 10 minutes, cultivating the ability to release tension, slow your breath, and calm the chatter of your mind.

**Practice**

**Calming poses**

If you have high blood pressure, include these poses in your routine.

**Legs-Up-the-Wall Pose**

LIE ON THE FLOOR WITH YOUR LEGS RESTING ON THE WALL OR ON A CHAIR, ARMS AT YOUR SIDE, PALMS UP. IF YOU’D LIKE, PLACE ONE EYE PILLOW ON YOUR EYES AND ONE IN EACH PALM.
**SUPPORTED CHILD’S POSE**

Extend your upper body forward onto a bolster or folded blanket. Adjust for complete comfort.

**SUPPORTED SEATED FORWARD BEND**

Sit on a folded blanket and stretch your legs in front of you. Fold over and rest your forehead and folded arms on a chair or bolster.
Hypotension

Condition: Unexplained ↓ BP
Objective: Restore hemodynamic stability

- Emergency page to staff anesthesiologist
- Equipment checked for malfunction?
- Pulses checked?
- FiO2 increased to 100%?
- Additional IV fluids?

**CAUSES**

- **Surgical**
  - Bleeding
  - Mechanical/manipulation
  - Vagal stimulation
  - Vascular compression
  - Drugs used on the field
- **Airway**
  - Unexplained hypoxemia
  - Increased PEEP
- **PH IMbalance**
- **Intra-Cranial Pressure**
- **Breathing**
  - Pneumothorax
  - Pulmonary edema
  - Hypoventilation
- **Drugs**
  - Anaphylaxis
  - Wrong drug
  - Wrong dose
- **Calcium Blockers**
- **Calcium Deficiency**
- **Potassium Excess**
- **Circulation**
  - Myocardial ischemia
  - Embolism
    - Air
    - Pulmonary
    - Fat
    - Tamponade
  - Bradycardia
  - Tachycardia
  - Bone cementing
  - MH
  - Sepsis
- **Stroke or Shock**
- **Adrenal insufficiency**

---

**Calcium Channel Blockers**

Action: Blocks calcium access to cells causing: ↓ Contractility, ↓ Conductivity of the heart

- ↓ Demand for oxygen

Side Effects: ↓BP
- Bradycardia
- May precipitate AV block
- Headache
- Abdominal discomfort (constipation, nausea)
- Peripheral edema

**Calcium Channel Blockers**

- Decrease isotropy
- Block L-type channels
- Pancreas
- Glucose
- 1 mg/kg insulin
- Increase isotropy
- L-type channel blockage
- Insulin
- Glucose
<table>
<thead>
<tr>
<th>Foods That Contain Calcium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli</td>
</tr>
<tr>
<td>Bok Choy</td>
</tr>
<tr>
<td>Almonds</td>
</tr>
<tr>
<td>Pumpkin Seeds</td>
</tr>
<tr>
<td>Okra</td>
</tr>
<tr>
<td>Collards</td>
</tr>
<tr>
<td>Turnip Greens</td>
</tr>
<tr>
<td>Prickly Pear</td>
</tr>
<tr>
<td>Kohlrabi</td>
</tr>
<tr>
<td>Leeks</td>
</tr>
<tr>
<td>Brazil Nuts</td>
</tr>
<tr>
<td>Artichokes</td>
</tr>
<tr>
<td>Avocado</td>
</tr>
<tr>
<td>Celery</td>
</tr>
<tr>
<td>Green Beans</td>
</tr>
<tr>
<td>Coconut Meat</td>
</tr>
<tr>
<td>Onions</td>
</tr>
<tr>
<td>Gooseberry</td>
</tr>
<tr>
<td>Fennel</td>
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<tr>
<td>Dandelion Greens</td>
</tr>
<tr>
<td>Swiss Chard</td>
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<tr>
<td>Spinach</td>
</tr>
<tr>
<td>Kale</td>
</tr>
<tr>
<td>Butternut Squash</td>
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<tr>
<td>Brussels Sprouts</td>
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<tr>
<td>Mulberry</td>
</tr>
<tr>
<td>Cabbage</td>
</tr>
<tr>
<td>Sapote</td>
</tr>
<tr>
<td>Sesame Seeds</td>
</tr>
<tr>
<td>Asparagus</td>
</tr>
</tbody>
</table>

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Evidence Based Natural Energetic Medicine Education
1. Eat Natural Foods with little preservatives
2. Eat more fruits, seed products, leafy greens, salads
3. Let Fruit be your Sweetener,
4. Drink ONLY 100% Fruit juice diluted with water
5. Boil foods in WATER, NOT OIL
6. Use fresh, cold processed UNHEATED olive oil, sunflower oil, safflower oil etc.
7. Less Cooking, Use stir fry well washed veggies
8. Foods made with Love and Nature is Blessed Nutrition, Foods made and eaten with Hate and Anger are poisons.
9. Celebrate each meal with friends, family or at least your joyous self. Celebrate
10. Listen to your inner self what to eat, and when to stop, do not eat with your eyes
Love and Respect are Nutrients as essential as any Vitamin or Food

To get it, you must give it.

dance as though no one is watching you.
love as though you have never been hurt before.
sing as though no one can hear you.
live as though heaven is on earth.

Do what makes you Happy,
Be with who make you smile,
Laugh as much as you breathe,
Love as long as you live.

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The word Doctor comes from the Latin word ‘Educatio’ which means ‘to teach’. Thomas Edison said that the doctor of the future will teach the patient how to live and how to eat, exercise and meditate. The Eductor is a Biofeedback Teacher.
IMUNE
International Medical University
of Natural Education

Desirè is the Professor Emeritus of IMUNE. IMUNE is an accredited and legally registered medical university in Europe.

Since 1995 IMUNE has been offering medical education in a variety of subjects to defend and perpetuate Natural Medicine. There are many small minded people being driven by the SINthetic chemical companies to destroy Natural Medicine as a viable choice in Medicine. IMUNE has offices in Switzerland, Mexico, Dubai, Budapest, England, and the British Virgin Islands. The small petty minded picayune minions of the chemical companies constantly attack with their anal retentive biased short sided views.

We must fight for freedom of choice and especially freedom of choice on medicine.

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...free from Borders  www.imune.net