



Hypertension

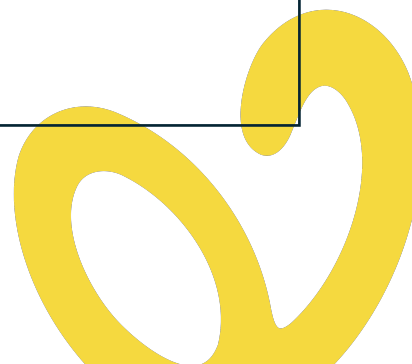
Welcome to the Program

SUMMARY

- Hypertension, or high blood pressure, occurs when systolic pressure is above 120 and diastolic pressure is above 80, increasing the risk of heart disease, kidney damage, and brain bleeds due to excessive pressure in small blood vessels.
- Essential hypertension is the most common type, primarily caused by lifestyle factors like stress, poor diet, lack of sleep, dehydration, and inactivity, rather than secondary causes like disease.
- Blood pressure fluctuates throughout the day due to stress, diet, and other factors, making consistent medication use and lifestyle adjustments essential to prevent long-term artery damage.
- If hypertension persists despite lifestyle changes and medication, secondary causes should be investigated, which will be covered in coming lessons

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





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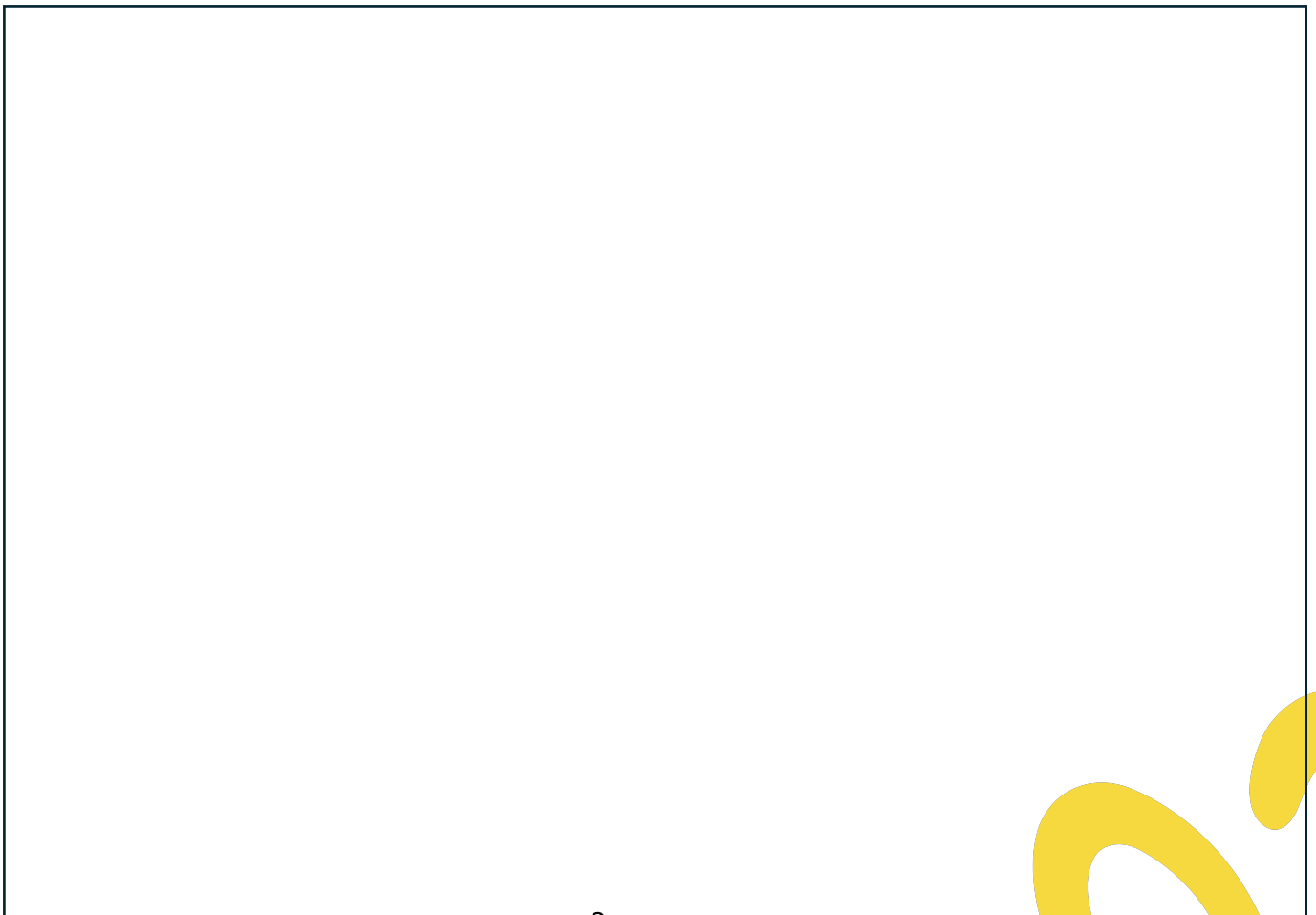
Lesson 1: What Triggers Hypertension

SUMMARY

- Hypertension fluctuates but persistent high readings signal a problem, as chronic stress can reset the body's blood pressure set point, making it consistently elevated rather than just a temporary response to stress.
- Sodium intake affects blood pressure in some individuals, as excessive sodium leads to water retention, increasing blood volume and pressure, while balanced electrolytes like potassium and magnesium help maintain healthy levels.
- Micronutrient deficiencies contribute to hypertension, with low levels of B12, vitamin D, and essential minerals disrupting vascular health, while obesity further strains the circulatory system by increasing the workload on the heart.
- Genetics plays a minor role in hypertension, with lifestyle factors like diet, stress management, and physical activity having a far greater impact on blood pressure regulation than inherited traits.

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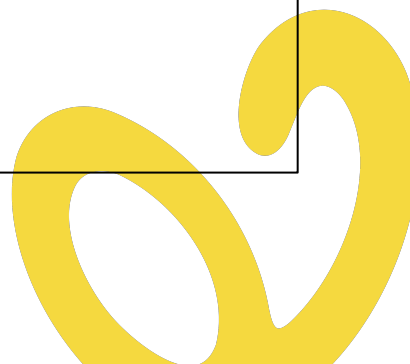




Hypertension

CALL TO ACTION:

1. How your understanding of hypertension changed after this lesson has and what have you learned?

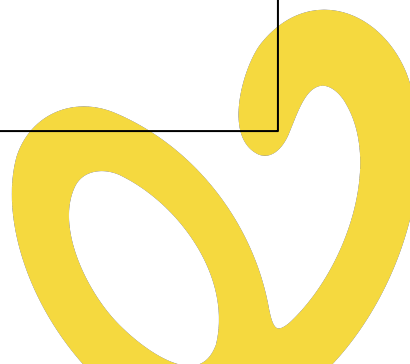




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2. What lifestyle factors do you think might be contributing to your Hypertension?

3. What specific changes are you ready to make to help lower those risk factors?





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4. Share your insights with your Tribe and give your feedback



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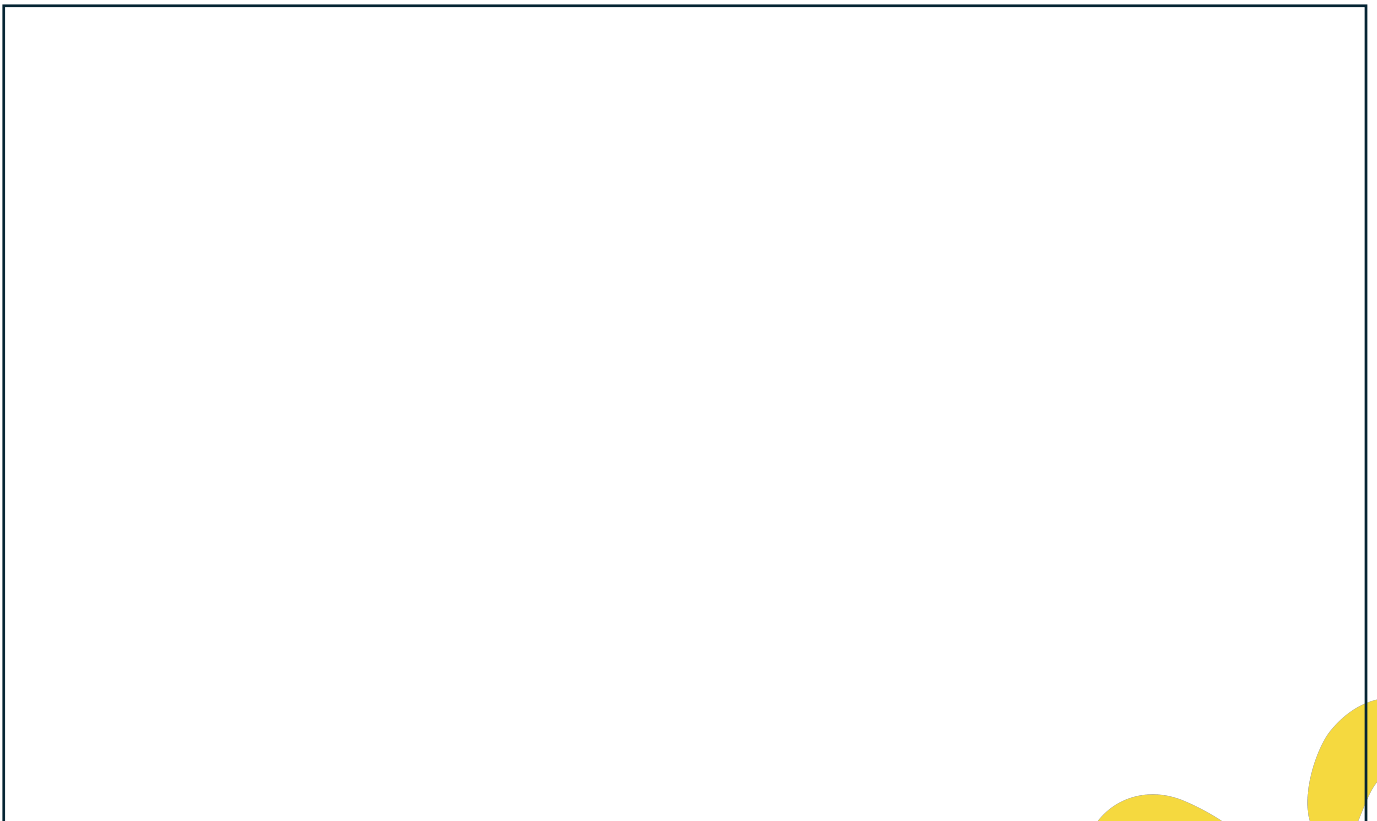
Lesson 2: Identifying Hypertension

SUMMARY

- Blood pressure fluctuates throughout the day, making accurate measurement essential—it should be taken while seated, with feet flat, arm at chest level, and using a bicep cuff rather than a wrist cuff for better accuracy.
- Systolic (top number) measures pressure when the heart pumps blood out, while diastolic (bottom number) measures pressure when the heart fills back up—both are important indicators of cardiovascular health.
- Symptoms of hypertension can include chronic headaches, blurry vision, leg swelling, erectile dysfunction, and pain while walking, all of which signal poor circulation and potential organ damage.
- Hypertension is diagnosed after multiple high readings—if consistently above 140/90, it requires medical attention, as prolonged high blood pressure damages blood vessels, kidneys, and the heart over time.

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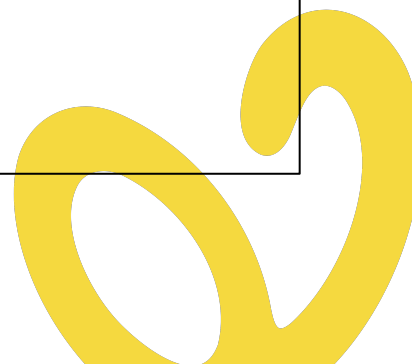


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CALL TO ACTION:

1. Have you checked your blood pressure today? Take a reading and note your numbers.

2. What steps have you discussed with your doctor regarding your hypertension? Plan your next consultation if needed.





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3. How will you take control of your health? Start outlining a strategy to manage your blood pressure effectively.



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Lesson 3: The Correct Way to Measure

SUMMARY

- Blood pressure should be measured regularly using a home monitor or by a healthcare professional. The most accurate readings come when seated for five minutes in a relaxed state, with feet flat on the ground and the cuff placed at heart level on the left arm.
- Readings should be taken at different times of the day—morning, afternoon, and evening to track fluctuations. If measuring for the first time, readings should be taken on both arms to check for differences, as a variation greater than 10 mmHg may indicate an issue.
- White coat hypertension is a real concern, as elevated readings in a doctor's office suggest a tendency for blood pressure spikes in other stressful situations. This can lead to long-term cardiovascular strain if not managed.
- Ignoring elevated blood pressure readings even if they seem situational can lead to kidney damage, eye issues, and overall cardiovascular complications, making proper monitoring and management essential.

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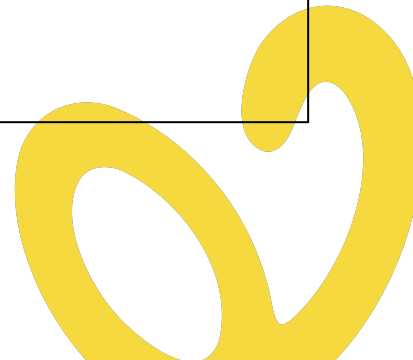
Lesson 4: Principles of Nutrition to Regulate Blood Pressure

SUMMARY

- Spices like garlic, turmeric, and ginger can support cardiovascular health, while cayenne pepper improves circulation. Some people may experience increased blood pressure from black pepper, so monitoring individual responses is important.
- Berries are beneficial for heart and kidney health due to their high levels of antioxidants and phytonutrients. Blueberries, raspberries, and strawberries can help protect blood vessels and support blood pressure regulation.
- Essential micronutrients like CoQ10, magnesium, and potassium play a key role in blood pressure control. While potassium is crucial, it should be obtained from foods like bananas, beets, and avocados rather than supplements unless prescribed.
- Healthy fats from flaxseeds, chia seeds, and legumes help maintain a balanced omega ratio and support heart health. Dark leafy greens provide magnesium, and legumes like lentils and black beans are beneficial for both gut and cardiovascular function.

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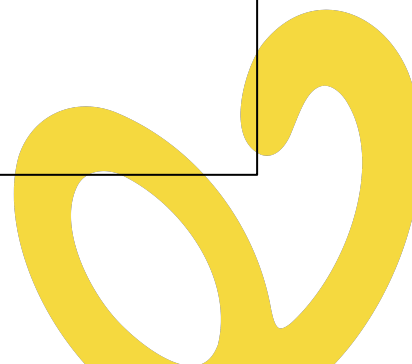




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CALL TO ACTION:

1. Evaluate and share your current diet and identify how it may be affecting your blood pressure.

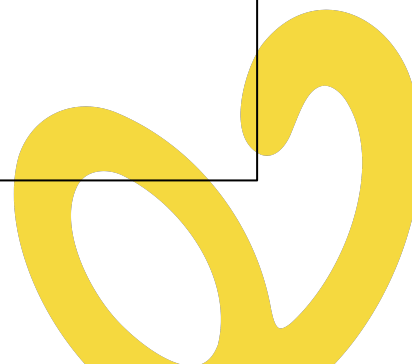




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2. Specify the beneficial and non-beneficial foods you are currently consuming.

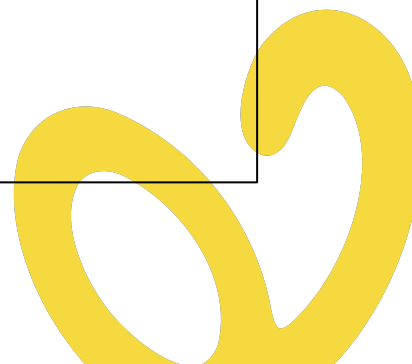
3. Determine what foods you need to add or remove for better heart health.





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4. Create a realistic weekly meal plan to support balanced nutrition below





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5. Implement your plan, track how you feel, and reflect any changes you have felt.



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6. Share your progress and insights with your tribe and how does it keeps you motivated



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Lesson 5: Botanic Medicine for Hypertension

SUMMARY

- Certain botanical medicines help regulate blood pressure by improving circulation and supporting heart function. Cayenne, garlic, and Hawthorne can aid heart contractility, while ginkgo biloba enhances blood flow to the brain and extremities.
- Dandelion leaf and green tea support kidney function, which plays a key role in blood pressure regulation. Dandelion can be taken as tea or in supplement form, while green tea provides beneficial compounds without the negative effects of other caffeinated beverages.
- Excess caffeine, smoking, alcohol, and poor sleep contribute to hypertension, making it essential to monitor stimulant intake, particularly from energy drinks and highly caffeinated products.
- Incorporating the right herbs and nutrients, such as CoQ10, magnesium, and potassium-rich foods, helps maintain cardiovascular health while reducing strain on the heart and blood vessels.

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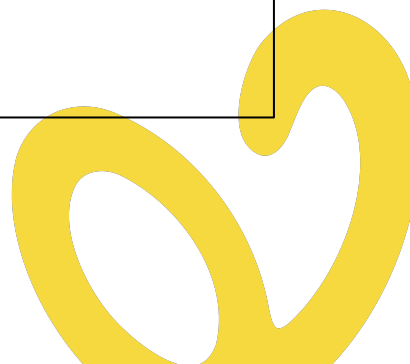


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CALL TO ACTION:

1. How much caffeine are you consuming daily, and how do you think it's affecting your blood pressure?

2. What steps can you take to gradually replace high-caffeine drinks with green?





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3. Which herbs and spices can you incorporate into your meals? Create a weekly meal plan to include them



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Lesson 6: Movement

SUMMARY

- Consistent movement supports cardiovascular health, and the best type of exercise is one that is enjoyable and sustainable. Activities like weightlifting, walking, jogging, or Tai Chi can all contribute to better circulation and heart function.
- Cardiovascular fitness improves with adaptive challenges, such as occasional high-intensity movement or stress tests, but regular low-impact activities like walking a mile in under 20 minutes are also effective indicators of heart health.
- Stress regulation plays a key role in blood pressure management, and engaging in meaningful activities, known as "blisters," helps counteract the effects of stress on the body.
- Mind-body practices like Tai Chi, yoga, and breath work enhance circulation and relaxation, making them valuable tools for improving overall cardiovascular function and reducing hypertension risk.

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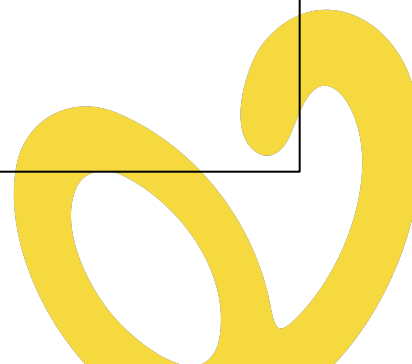




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CALL TO ACTION:

1. How will you incorporate movement into your routine? Create a plan that includes activities like walking, jogging, weightlifting, yoga, Tai Chi, or breath work, and commit to a schedule that works for you.





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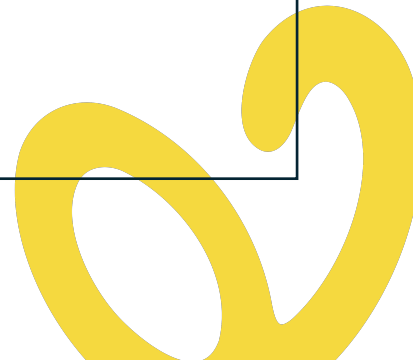
Lesson 6: Sleep Management

SUMMARY

- Getting at least seven hours of quality sleep is essential for cardiovascular health and managing hypertension. A consistent nighttime routine, limiting electronic exposure, and creating a comfortable sleep environment support deep, restorative sleep.
- Tracking sleep quality is as important as sleep duration, and wearable devices can help assess patterns. Small adjustments like sleeping 30 minutes earlier and later can improve sleep without disrupting daily schedules.
- Natural sleep aids such as ashwagandha, valerian root, and GABA may help with relaxation, while melatonin can assist in resetting sleep cycles but should be used cautiously. Maintaining a cool, dark, and quiet sleep environment also improves sleep quality.
- Avoiding sudden morning cortisol spikes from alarms can help regulate blood pressure. A sunrise alarm or training the body's internal clock to wake naturally supports a healthier stress response.

YOUR REFLECTION

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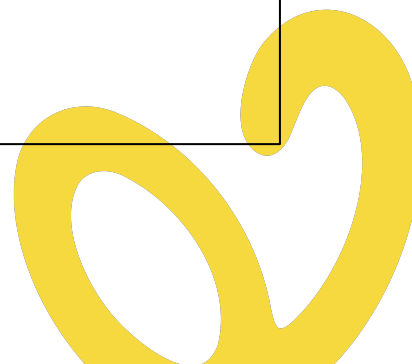




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CALL TO ACTION

1. What steps will you take to create and maintain a consistent sleep routine?

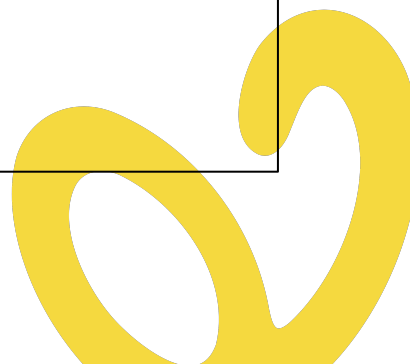




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2. How will you track your sleep quality—will you use a smart watch, app, or another method?

3. If needed, which natural sleep aids will you incorporate, and how will you schedule them?





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4. What changes can you make to gradually reduce reliance on alarm clocks for waking up naturally?



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Lesson 8: Stress Engagement

SUMMARY

- Supportive social connections help reduce stress and lower blood pressure, while stressful environments can have the opposite effect. Engaging with a community that shares similar health goals can provide motivation and emotional support.
- Boxed breathing is an effective technique for calming the nervous system by inhaling, holding, exhaling, and holding again for four seconds each, helping to regulate stress levels.
- Hand pressure points, especially the area between the thumb and index finger, can help relieve stress when gently massaged, making it a simple technique that can be done anywhere.
- Practicing gratitude each morning shifts mind set, influences hormones, and has a physiological impact on reducing stress by focusing on positive aspects of life

YOUR REFLECTION

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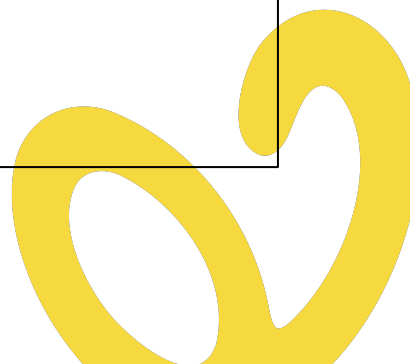


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CALL TO ACTION

1. What group activities will you join to stay socially engaged and improve overall well-being?

2. How will you build a strong and supportive social circle that positively impacts your heart and mental health?

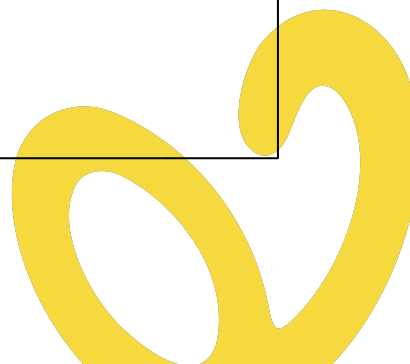




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3. When and how often will you practice boxed breathing to manage stress effectively?

4. How will you incorporate hand pressure point techniques into your routine to relieve stress and tension?





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5. What daily gratitude habit will you develop to improve your mind set and emotional well-being?



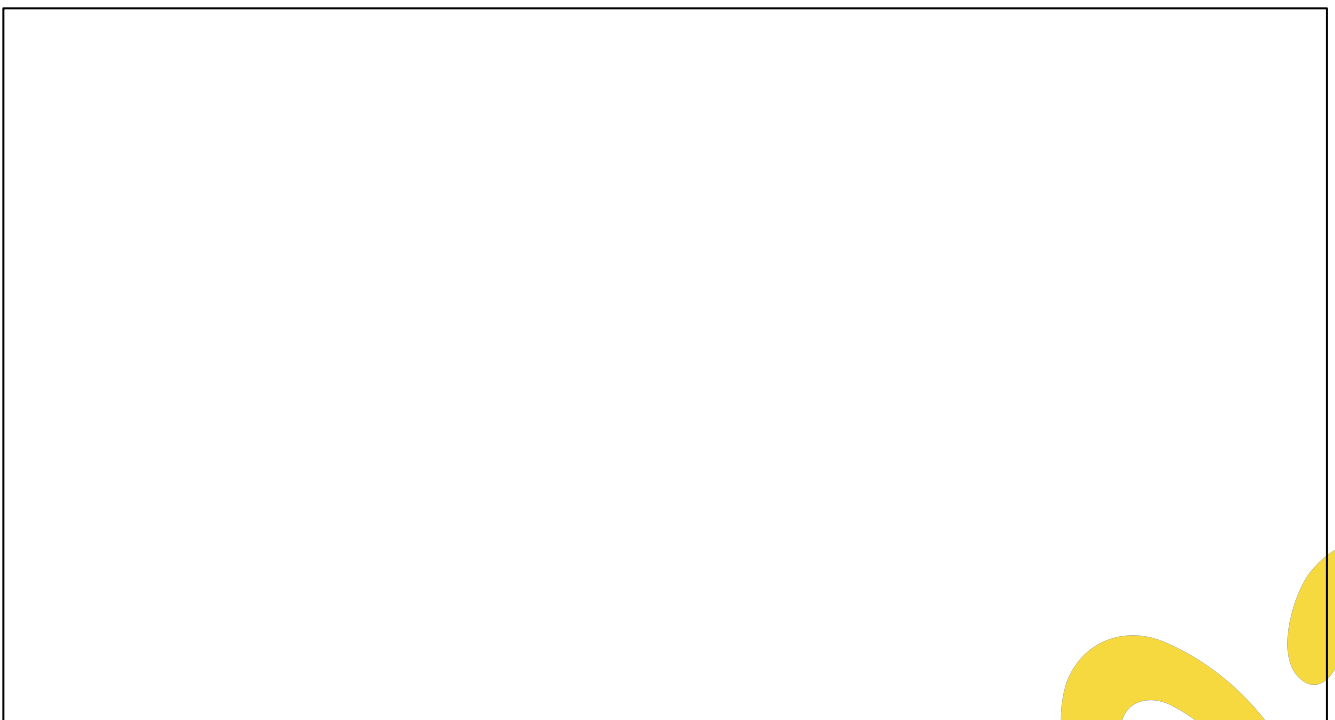
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Summary of the Program

- Hypertension is a major cause of heart disease and occurs when blood pressure is consistently above 120/80, with anything over 140/90 requiring medical intervention. If left uncontrolled, it can lead to severe complications like strokes, kidney disease, and heart failure.
- Medications help lower blood pressure but don't reverse damage, making lifestyle changes essential. Maintaining regular movement, quality sleep, proper hydration, and a diet rich in potassium and beneficial herbs supports long-term cardiovascular health.
- Tracking blood pressure frequently is important to understand what affects it. While medications can help stabilize levels, gradual and consistent lifestyle changes are key to improving overall heart health and potentially reducing medication dependence over time.
- Sustainable improvements come from small, consistent changes—implementing two new habits per week and tracking progress over 12 weeks allows for lasting results. Keeping a journal of changes and their effects can provide motivation and insight into what works best.

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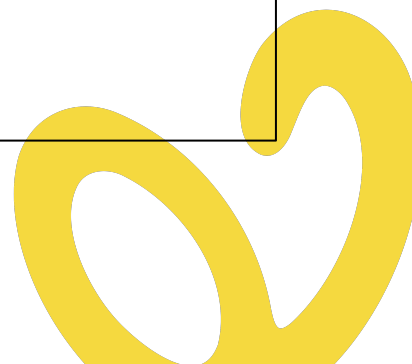




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CALL TO ACTION:

1. Which recommendations from this lesson resonate most with you, and how do you plan to incorporate them into your daily routine?





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2. What two lifestyle changes will you commit to each week to support better blood pressure management?



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3. How has your journey progressed over the past 12 weeks, and what noticeable differences have you observed in your health and well-being?



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4. How can sharing your experiences and insights with your community or support group help keep you motivated and accountable?