

WAYS TO TRY TO LOWER BLOOD PRESSURE NATURALLY

1. Drink more water 6-8 glasses / day
2. Eat two bananas / day
3. Greatly decrease `animal' intake - dairy, eggs, meat
4. Read "Eat to Live", plus see DASH diet.
5. Increase fruits and vegetables and whole grains
6. Decrease sugar, white flour, and white fat
7. Eliminate hydrogenated or partially hydrogenated fats (trans fats)
8. 2 Tbls. Flax seed daily
9. Exercise 20-30 minutes / day - move your body
10. Garlic - fresh & raw 1-3 cloves daily
11. Cayenne - 3-4 times daily small amount (pinch)
12. Magnesium rich foods like leafy green vegetables and sesame seeds, coconut meat, brown rice, almonds, avocados, apricots, honey, pumpkin seeds, sprouted nuts and seeds
13. Destress with herbs & relaxation/hobby, etc. (Lobelia, valerian, hops)
14. Serene music
15. Avoid caffeine
16. Massage / body work
17. Play...have fun.. laugh 10+ minutes every day
18. Meditation - focused quiet
19. Daily tonic: Drink first thing each morning (8 oz water, 1 lemon or lime (juiced), pinch of cayenne, honey or maple syrup to taste.
20. Bowel cleanse 2-4 times a year - (bowel detox)
21. Make better choices like joy and peace, forgiveness and love
22. See stress reducers handout
23. 4 stalks of celery daily

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