



Knowledge is
your secret
weapon to good
health.

HEART HEALTH

Blood Pressure

High blood pressure causes increased pressure on artery walls and persistent high blood pressure can lead to a number of serious health conditions including heart disease, heart attacks, strokes and kidney disease. Generally speaking, normal blood pressure numbers are 120/80. The first number refers to your systolic blood pressure, or the amount of pressure exerted against the artery when the heart pumps. The second number refers to the diastolic pressure, which is exerted against the artery as the heart relaxes between pumps. Most people don't have any symptoms when they have high blood pressure, which is why it's sometimes referred to as the "silent killer". In severe cases, symptoms may be severe headaches, nosebleeds, fatigue, confusion, vision problems, chest pain, difficulty breathing, irregular heartbeat or pounding in the chest, neck or ears.

Contributing Factors

Increased blood flow (due to chronic stress, caffeine), arterial stiffness/resistance (due to age or atherosclerosis), poor diet (high in sugars, preservatives, refined/processed foods, trans fats), vitamin/mineral/amino acid deficiency, poor digestion, lack of exercise, fluid retention (from poor kidney function, high dietary sodium intake, low potassium/magnesium)

Lifestyle Recommendations

- Focus on foods such as naturally raised/wild meats & seafood, free-run/organic omega 3 eggs, fruits & vegetables, beans/legumes, nuts/seeds, butters/oils, and whole grains.
- Replace coffee with caffeine-free herbal teas or coffee substitutes and avoid alcohol and smoking.
- Moderate salt intake and choose sea salt over regular table salt.
- Manage stress, as it can have a huge effect on blood pressure levels. Get some exercise, get out in nature, journal, meditate, have a good laugh, and/or consider natural supplements to help manage the stress response.
- Have your blood pressure checked with a professional at least every 4-6 months, especially if you're in a high-risk category, as there are often no warning signs associated with high blood pressure.

Product Recommendations

- Important nutrients for healthy blood pressure levels: Omega 3 Fats (High EPA Fish Oil, Flax Oil), Vitamin B Complex (esp. B3, B6, B12, Folate), Vitamin E, Magnesium, Coenzyme Q10, L-Arginine, L-Carnitine
- Herbs to help improve blood pressure and circulation: Garlic, Hawthorn, Celery Seed, Berberine, Cayenne, Mistletoe, Motherwort, White Willow, Bilberry, Green Coffee Bean Extract
- To aid in the reduction of plaque deposits: Vitamin D, Vitamin K2, Lecithin, Proteolytic Enzymes, Bromelain
- Arterial repair: Collagen, Vitamin C, Proline, Lysine, Multivitamin/Mineral (you can get ones that are heart specific)
- Antioxidants for arterial and heart cell protection: Vitamin A, Vitamin C, Selenium
- For fluid retention: Potassium, Magnesium, Parsley, Dandelion, Juniper, Bearberry, Uva Ursi
- For stress: Ashwagandha, Rhodiola, Siberian Ginseng, Holy Basil, Schisandra
- Digestive aids (there is a huge connection between gut health and heart health!): Probiotics, Digestive Enzymes, Betaine HCl, Fibre, L-Glutamine

Book a free 15 minute consult with a GNN Product Advisor!

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