

HIGH BP

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GUIDELINE BY SANJAY G.M.

- **CAUSES can be**
 - High Cholesterol
 - More salty food, sauces, pickles, sugar
 - Packed food
 - Canned soup & drinks
 - Less sleep
 - Gas problem
 - Obesity
 - Stressful lifestyle
 - Smoking
 - Vitamin D deficiency
 - Pregnancy, menopause, use of birth control pills.
 - Low B12 & high homocysteine

- **SYMPTOMS can be**
 - Headache
 - Visible blood spot in eye, blurred vision
 - Chest pain
 - Difficulties in breathing & irregular heartbeat
 - Confusion
 - Nose bleeds
 - Fatigue
 - Kidney problem
 - Low testosterone

○ **SOLUTIONS**

- [
 - Be hydrated
 - Reduce salt, sugar & carbohydrate food like milk item, rice, cookies, coffee, potato, desserts, snacks, WHITE bread.
 - Stop eating packed food, sauces, pickles, canned drinks & soup.
 - Increase exercise but don't do any exercise or yoga which stops breathing, Walk 40 mins regularly, Reduce weight.]

- [
 - Rub your feet with mustard oil for good sleep at night .
 - To reduce stress, do Yoga Anulom Vilom (अनुलोम विलोम)
 - To control stress change lifestyle change way of thinking.
 - Don't be angry or shout often. Be surrounded with good people & try to understand front person to avoid anger.]

- [
 - Eat celery regular & asparagus often
 - Eat green leafy & fruits regularly
 - Add in diet- dates, garlic, ginger tea, beet juice, carrot juice, orange, watermelon, raw tomato without seed.]

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 - Fasting can reduce BP
 - Cover vitamin D by taking 20 min light sun rays at 7.30am, 5pm
 - Control B12 & Homocysteine by food (mentioned in separate note)]

- Eat raw celery 1 stick in morning first empty stomach for 15 days
- If BP not control in certain period from above point then take 1 Sarpagandha Vati (सर्पगंधा वटी) tablet 2 times a day & if BP is higher than 180 then take 2 tablets 2 times a day.
- If BP is in control then don't take any medicine, slowly stop.
[Monitor BP regularly by equipment yourself in home to be confident]
- Continuous BP tablets can increase blood uric acid which lead to toes, heel bone & fingers pain, so control BP with above thing or Ayurvedic medicine

NOTE :- All guideline is on my personal research or study from many author which convince me.
Follow guideline under doctor's observation.