

LOW BP

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GUIDELINE BY SANJAY G.M.

CAUSES

- Dehydration
- Iron deficiency
- Also B12 supplementary can reduce BP.

SYMPTOMS

- Feeling tired
- blurred vision,
- Lack of concentration.

SOLUTION

- Drink water 8 glass/day, also drink lemon juice
- Reduce carbohydrate food like rice, milk item, white bread, cookies etc.
- Don't drink coconut water frequently
- Improve iron deficiency by taking vitamin C food like orange & other fruits.
- Check your medicine side effects.

❖ After following above mentioned thing monitor BP yourself twice in a week at beginning to be confident. (check it with BP check equipment at home)

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