

Studies Have Shown That:

1

LOSING 10 POUNDS WILL DECREASE SYSTOLIC BLOOD PRESSURE BY SEVEN POINTS

2

ADDING EIGHT TO TEN SERVING OF FRUITS AND VEGETABLES (IDEALLY EIGHT CUPS OF VEGETABLES AND TWO CUPS OF FRUIT) DECREASES SYSTOLIC BLOOD PRESSURE BY SEVEN POINTS.

3

REDUCING SALT INTAKE TO ONE TEASPOON A DAY DECREASES SYSTOLIC BLOOD PRESSURE BY FIVE POINTS WHILE ELIMINATING SODIUM DECREASES SYSTOLIC BLOOD PRESSURE BY SIXTEEN POINTS

4

REGULAR AEROBIC EXERCISE FOR 3 MONTHS CAN DECREASE SYSTOLIC BLOOD PRESSURE BY NINE POINTS.

5

A VEGAN DIET CAN DECREASE SYSTOLIC BLOOD PRESSURE BY EIGHTEEN POINTS.