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C O F O U N D E R S O F 1 2 0 / L I F E

**THE EASY-TO-READ,
ALL-IN-ONE-PLACE,
NO-WAGGING-
FINGERS
GUIDE TO
HIGH BLOOD
PRESSURE**



Introduction

Hi. So, who are we and what's with the book?

We make a natural juice drink that helps lower High Blood Pressure. Made with simple ingredients, it's a simple way to improve your numbers. If there's anything we believe in after results, it's Simple. But this isn't about us or our product. It's about High Blood Pressure: information we want everyone to have, and organized to do three things:

Put all the important facts in one place. The web's full of information on High Blood Pressure, but it's all over the place. How helpful is something if you don't know where to find it?

Make this easy to understand. You don't want to be an expert at High Blood Pressure, you don't even want to have it. But by understanding it more, maybe you'll worry about it less. And see that even small changes can have a big impact. Take sodium for example (salt). If all you do after reading this is cut down on the sodium in your diet, chances are your blood pressure will improve.

No lectures. Who needs another wagging finger saying, '*Bad you. What were you thinking? Drop and give me 20.*' No one, that's who. Having High Blood Pressure's bad enough; getting it down shouldn't feel like punishment. We're all friends here.

Understanding High Blood Pressure is the key to controlling it, and you've just taken the first step. Way to go. Read on. There's no quiz. You can't fail. Every word is progress.

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What's High Blood Pressure and why does my Doctor get so worked up about it?

Think of the pump that pushes water through a garden hose. Now, replace the garden hose with a drinking straw. That's High Blood Pressure. The same amount of blood that would normally go through the hose is trying to force its way through the straw.

This puts strain on the pump — your heart. It has to work much harder. It also endangers critical parts of your brain, kidneys, lungs and eyes that can't handle higher pressure. The list of problems that can follow reads like a Who's Who of everything you don't want to have: heart attack, stroke, congestive heart failure, kidney failure, dementia, loss of vision, sleep apnea, bone loss, even sexual dysfunction.

Even worse, there usually aren't any symptoms. You can go around thinking you're perfectly fine. That's why High Blood Pressure is called "The Silent Killer." That's why your doctor gets so concerned over this. But here's the thing: once you know you have it, there are all kinds of ways to control it.

What contributes to High Blood Pressure?

Some things you might not expect. Others, you probably already know about. We just list them here. We'll come back to them later (in the "Lifestyle" section), when we talk about what you can do to lower BP.

- Genetics (family history)
- Sodium (salt)
- Smoking
- Alcohol consumption
- Diet
- Being Overweight/Obesity
- Obstructive Sleep Apnea (OSA)
- Not enough Potassium in diet
- Not enough activity (sedentary lifestyle)
- Unmanaged stress (because, let's face it: no one can avoid stress. It's letting it run your life that causes problems.)

If there aren't any symptoms, how do I know if I have it?

Your doctor can tell you. It's one of the first things she measures at your annual physical.

But you don't have to wait. Today, you can get your pressure taken at local pharmacies, clinics, hospitals, fire stations, even some grocery stores. It takes about 5 minutes and it's usually free. You can also buy your own monitor online for as little as \$49.00.*

Over 1.4 billion people on Earth have High Blood Pressure, including 100 million people in the U.S. So many of us don't even know we have it. For example, 1 in 5 people who have it and live in the U.S. don't know that they have it. If you're one of them, you're definitely not alone. But you definitely need to know, and that starts with knowing your numbers.

So, now we get to the numbers.

* We're not in the business of pushing products, but our friends at OMRON make the monitors most recommended by physicians. OMRON wants a world with Zero Strokes and Zero Heart Attacks. That's a great goal, and we think the way to get there is by helping people to know more about High Blood Pressure.

Measuring Blood Pressure

If you can read the thermostat in your house or the radio in your car, you can do this.

Blood pressure measurement is made up of 2 numbers: Systolic and Diastolic. Systolic is always the top, or first number. It's also the bigger one. It's the pressure in your arteries when your heart contracts. Diastolic is always the bottom, or second number. It's the "in-between beats" pressure when your heart isn't contracting.

For example, your BP monitor might say 120/80. Or 137/90. Or it could look like this:

$$\frac{108}{70}$$

In each case, the first number is the Systolic pressure. The second (or lower) one is the Diastolic. That's why you hear medical professionals (including the ones on TV) saying, "120 over 80." So the next time your doctor starts talking about "the higher number on the monitor," you can say, "Oh. You mean my systolic pressure."

She'll be impressed.

What the numbers mean

But the important thing about the numbers is what they say about what's going on inside you. The American Heart Association (AHA) has drawn up the following guidelines. Your doctor knows and uses them. You can, too.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Source: American Heart Association/American Stroke Association

- Ideal BP should be 120/80 or slightly lower for both numbers. If that's where yours are, you're good.
- If your pressure is between 121/80 and 129/89, you have Elevated BP. See your doctor. You probably don't need medication, but the AHA recommends taking steps to lower it. Like exercise, rethinking your diet, losing some weight, cutting back on sodium (salt), quitting smoking, managing stress.
- If your pressure is higher than 130/90, you have High Blood Pressure. If the monitor could say, "See your doctor now," it would. Not sometime. Not next time you don't feel well. Now. This is your body's way of telling you to get help. It's saying you're at risk for those conditions you don't want to have: the ones we listed on page 4. It's saying, "Take action so you don't get them."

That's a lot of information from just 2 numbers. That's why it's important to "Know your numbers." You know your birth date, your age, your phone number, your Social Security number. Add your BP to the list. In fact, put it right at the top.

What can I do about it?

Plenty. This isn't a case where bread and water are your only choices. You've got all kinds of options.

The first step's a no-brainer: talk with your doctor. You know your body and your life, but she knows how to handle High Blood Pressure. She might want you to see a specialist, like a cardiologist. She might also suggest that you talk with a nutritionist about how and what you eat. After that, there are 2 basic ways to go: medication and lifestyle.

Medications

Medications are generally prescribed only for people with High Blood Pressure (above 130/90). They come in 5 classes, which we list below. Don't worry if you can't pronounce them. We just wanted to show you some names you'll be hearing and explain what they do in plain English. If your doctor prescribes a medication, she'll explain it even better.

She might prescribe more than one, because different medications get your pressure down in different ways. Side effects can occur. Don't be put off by the list. It doesn't mean you'll get one, much less all. Some are rare. No one gets all of them. It just means it's possible.

1) Diuretics (water pills): Diuretics help remove sodium (salt) and water from the body. If you take one, you'll urinate more frequently. That's the whole idea: you want to reduce the fluid in your body. Think back to the garden hose: the less fluid you have to move through the hose, the less pressure there is — and the easier it is on the pump: your heart.

Examples: Furosemide, Chlorthalidone, Hydrochlorothiazide (also known as HCTZ)

Potential Side effects: Frequent urination, muscle cramps, headaches

4) Calcium Channel Blockers:

This is still another way to relax and widen (dilate) your blood vessels, which takes pressure off your heart. Some calcium channel blockers help slow your heart rate as well, which reduces BP even more.

Examples: Nifedipine, Verapamil, Diltiazem

Potential Side Effects: Flushing, dizziness, headache

2) Beta Blockers: Beta blockers slow down your heart rate and help your blood vessels relax and widen, making it easier for the blood to flow. So what's the blocking business? The drugs work by blocking the effect of adrenaline, the hormone that gets you pumped up for sudden activity. They also stop the kidneys from producing a different hormone that causes your blood vessels to narrow.

Examples: Metoprolol, Propranolol, Atenolol

Potential Side effects: Slow heart rate, cold hands and feet, upset stomach

5) ARBS: Rhymes with "carbs."

Remember when we said that different classes of medications work in different ways? If one class doesn't help, your doctor has other choices. It gets technical, but ARBS have a different way of helping enlarge your blood vessels. By now, you're a pro at this. Wider vessels mean less work by the heart and lower pressure.

Examples: Losartan, Valsartan

Potential Side Effects: Dizziness, fatigue, diarrhea

3) ACE inhibitors: Here comes another big word: angiotensin II. (An-gie-o-ten-sin 2). Your body produces it naturally to make your blood vessels constrict, which causes blood pressure to go up. ACE inhibitors reduce the amount of angiotensin II in your body, which lets your blood vessels relax and widen (dilate), making it easier for the blood to flow, so your heart can do less work. They also reduce the amount of water your body retains. If this reminds you of diuretics, well done.

Examples: Enalapril, Captopril, Ramipril, Lisinopril

Potential Side Effects: Dry hacking cough, upset stomach, weakness

Lifestyle

You don't need a prescription to change your life. And there are no side effects if you do, although people sometimes groan about having to give up things they love or start something that seems like a nuisance. Yoga, for example. If you hate the idea of wearing tight pants, you're probably not going to do it. You don't have to. Try walking.

Because here's the thing: this works. According to Dr. Naomi Fisher, associate professor of medicine at Harvard Medical School: "It is well documented that lifestyle changes can lower blood pressure as much as pills can, and sometimes even more." How about that.

Sodium (includes Salt): Salt makes things taste good. Scrambled eggs without salt are just... yellow. And we need sodium so our cells work properly, but there's a limit.

Water goes where salt is. It can't help itself. So a diet high in sodium means you'll also have more of it in your blood vessels, which means more fluid in your blood vessels, which takes us back to the garden hose/straw. More fluid, higher pressure.

If you have High Blood Pressure, your doctor will want you on a low-sodium diet. It's one of the first things you'll talk about. That means about 1500 milligrams (mg) per day. The average American consumes 3400. We don't even know it. That's because salt likes to hide. It's everywhere. Bread and rolls, cheese, bagels, cold cuts, snacks (like potato chips), canned soup, salad dressings, tomato juice, frozen entrees, even some artificial sweeteners. We know. We just listed all the things you like.

But this is like a checking account: you can't spend more than you have. You get 1500 mg of sodium a day. Take the saltshaker off the table. Use spices instead of salt when cooking. Read labels when you shop. (Salt is called "sodium" on the label.) Read the menu when you eat out. (Most restaurants now list sodium content along with calories.) Cut down on prepared or processed foods. You don't have to cut salt out, just bring it down. When patients admitted to the hospital for High Blood Pressure are put on a low-sodium diet, their blood pressure usually comes back down to normal. And you'll find that tomatoes actually taste great the way they are.

Smoking and Being Overweight: There are no wrist slaps here, but these two come close. They're Numbers One and Two on the Most Wanted List of things your doctor will want you to change. Any specialist you see will recommend (strongly) the same thing. Same for any book you read or website you visit. Your body, your lungs, your heart? They're all begging you. It's like your mom telling you not to play in the street when you were little. Sounded like nagging, but there was love in it.

The chemicals in tobacco damage the lining in our arteries. The walls narrow and stiffen, raising blood pressure. As for being overweight, the more you weigh, the harder your heart has to work to get blood (and oxygen) to all that extra tissue.

But this works both ways. Quit smoking, and in as little as one day your blood pressure could start dropping. The same for losing weight: for every 5-10% loss, you could see a 5-point drop in your Systolic and Diastolic pressures.

Exercise: Unlike smoking and being overweight and salt, this is good. Very, very good. It will make your doctor smile. Get used to it, and it'll make you smile, too. You don't need to join a gym. You're not training for the Olympics, you're not competing with anyone at work. Find something you like doing: walking your dog. Riding a bike. Skateboarding. Rollerblading. And do it. Three times a week for 30 minutes, just enough so you feel your heart rate go up. Your heart actually likes to work hard now and then. It gets stronger, starts to work more efficiently, ends up beating less. It'll help your muscles. You'll lose weight. You'll sleep better at night. You'll feel more relaxed. Focus better at work. Think back to the checking account analogy: if salt is like making withdrawals from your good health, exercise is like making deposits.

Alcohol: A lot of guidelines put this right after smoking. We didn't, because we didn't want to look like scolds. Alcohol in moderation can be beneficial. It's the immoderate part that drives your body nuts. More than 3 drinks in one sitting temporarily increases your BP. Over time, the effects become more lasting, stressing your heart and arteries, and raising your BP.

"Moderate" consumption:

- 2 drinks/day* for men under 65
- 1 drink/day* for women and for men 65 and over

Avoiding Stress: "Ha," you say. "Like that's possible. Stress is how I live. Just reading this is stressing me out."

Help is on the way. The body reacts to stress in ways you can't see: hormones, basically. They're chemical messengers. Take adrenaline. When you hear a siren, your body produces adrenaline, because it's thinking, "Danger. I might need to run or leap a tall building." Your heart starts beating faster. Your blood vessels narrow. Your BP is going up, and you don't even know it. Live in a city long enough, hear enough sirens, and it can reprogram you. Always constricted, stressed. Maybe you can't get away to the outdoors, but you can counter this by doing things that relax you. Slow, deep breathing, for example. Some people meditate. Some people garden. Some read. Some pet their dogs. Even hanging out with a friend is good, as long as you're not talking about things that stress you both out.

* 1 alcoholic beverage equals 12 oz beer, 5 oz wine or 1.5 oz liquor.

Food & Drinks

You knew we'd get to this. It's hard not to. Everyone has to eat. And there's a basic rule somewhere that says, "In order to like something, it has to be bad for us." Although actually, that's not true. Pizza has never killed anyone. Too much Salt, however. Too much Fat, Sugar, Cholesterol and "Food-like substances" (those things chock full of artificial ingredients that we all love to eat but don't love us back). Those are the things to watch out for. So, here's a list. Don't memorize it. Print it out and tape it to the inside of a kitchen cupboard. Take it when you go food-shopping. These aren't rules, just guidelines.

The Good:

- Vegetables: beets, dark leafy greens, carrots, celery, cruciferous vegetables (cauliflower, cabbage, kale, Brussels sprouts, broccoli, etc)
- Fruits: pomegranate, tart cherries, avocado, cranberries, berries, tomato, banana
- Beans, legumes, seeds, nuts (look for unsalted)
- Whole grains: whole wheat, oats, bran, barley, millet, brown rice
- Fish high in omega 3 fatty acids: Wild Alaskan Sockeye Salmon, Sardines, Mackerel, Herring, Halibut.
- Dairy: Low fat unsweetened yogurt or kefir, aged gouda (1 oz). Note: cheese can be really high in salt. But you probably know that already.
- 70% Dark Chocolate (1oz): We saved the best for last. Who knew chocolate was good for you?

The Not-So-Good:

- Foods high in Salt (Sodium)
- Fried foods
- Red meats, smoked meats and fish
- Sauerkraut and pickled foods
- Sodium processed deli/luncheon meat: salami, bologna, turkey, corned beef, ham, bacon
- Snack chips and crackers (corn chips, potato chips, pretzels, peanuts, crackers)
- Seasoning: Adobo, Accent, yeast extract, mustard, monosodium glutamate
- Refined Sugar and Artificial Sweetener-Sodium Saccharin (Sweet and Low)
- Low-fat and diet foods: yes, they'll be lower in calories and fat, but low-fat foods will likely be higher in salt and sugar, while diet foods will likely be higher in salt. That's how they make up for taste.

Check the Sodium content of the following before consuming (look for 140mg or less per serving):

- Bread
- Processed Foods
- Packaged Foods
- Most Cheeses
- Canned Tuna
- Canned/jarred veggies, beans, sauces, olives
- Soups (especially canned and dried mixes)
- Sauces (ketchup, bottled sauces, dried mix)
- Ready to eat cereals
- Frozen Entrees

The DASH Diet: DASH means "Dietary Approaches to Stop Hypertension." DASH Diet is just easier to say. It steers you around a lot of processed foods that seem to be everywhere these days. Not only don't they give us the nutrients we need, they load us up with way too much of the things we don't. Get your diet to work for you. For more on how DASH can lower BP, visit nhlbi.nih.gov/health-topics/dash-eating-plan.

Drinks that don't raise BP:

- Water, seltzer, flavored water (e.g. HINT), water with lemon or lime
- Hibiscus Tea, Green Tea*
- Unsweetened Iced Tea*
- Kefir
- Celery juice, Pomegranate juice, Tart Cherry juice, Beet juice, Unsweetened Cranberry Juice (rather than drinking juice straight, combine it with water or seltzer to reduce sugar intake).

Drinks that raise your BP:

- Anything with added sugar, high fructose syrup, dextrose, sucrose, maltose, corn syrup
- More than "moderate" amounts of alcohol: 2 drinks/day for men under 65, 1 drink/day for women and for men 65 and over
- 1 alcoholic beverage equals: 12 oz beer, 5 oz wine or 1.5 oz liquor
- Any soda (both regular and diet) except seltzer
- Caffeinated Drinks*: Energy Drinks, Coffee

OK. No more lists.

* Caffeine: Some people with High Blood Pressure are caffeine-sensitive and others aren't. Before adding/removing coffee or other caffeinated drinks, take your BP before drinking a cup. Then check it again 30-120 minutes after you've finished. If your BP goes up by 5-10 points, then you should probably consider a non-caffeinated beverage instead.

120/Life: We break our rule and talk about ourselves for a minute.

We said this book wasn't about us or our drink. But we wanted all the information to be in one place. And, well, this is information.

120/Life is a natural drink made from beetroot, hibiscus (think tea), tart cherries, pomegranate juice, cranberries and magnesium. Save for magnesium, all the ingredients can be found at your grocery store. Turns out there's some serious biochemistry going on in the produce section. Each ingredient can reduce High Blood Pressure on its own. (You'll find out more about each of them in the "Natural Solutions" coming up.) Putting them together is like throwing the kitchen sink at it.

For years, people with High Blood Pressure have been told to change how they live. Give up things they like. Start medication. Worry about side effects. 120/Life changes that. Drink it once a day like any other juice, and your pressure could come down in as little as 14 days. You might even be able to cut your medication. (Just don't do it without first talking to your doctor.) Other people have cut it so much, their side effects have gone away. You might be able to get back to Friday night pizza. Might find that walking to work every day is all the exercise you need.

There's no one solution, and everyone's different. But the higher your blood pressure, the more it will take to control it. Not everything will work. Not everything will be convenient. Eventually, though, you'll find what does. That's all that matters. Not what works for others, but what works for you.

Back to your questions.

Two more things that can raise BP:

Obstructive Sleep Apnea (OSA): OSA is a breathing condition that reduces oxygen in your body while you're sleeping. This can lead to surges in your Systolic and Diastolic pressures. For many people, the pressures remain high throughout the day even when they're breathing normally.

Not Enough Potassium in Diet: Eating the right amount of potassium helps the kidneys get rid of sodium when we urinate. The recommended potassium intake for someone without kidney disease* is 4700 milligrams (mg) a day. Potassium is especially important for people with cardiovascular disease; if you're one of them, check in regularly with your doctor.

A Word about Potassium Supplements

Basically, the word is No. There's no other way to put it. Americans have been led to think that supplements keep us healthy. That's not the case here. Potassium supplements can be downright bad for you. This is one mineral you need to get from food. Fortunately, it's easy: Fruits and dried fruits, vegetables, dark leafy greens, potatoes, sweet potatoes, beets, fat-free/reduced-fat dairy, fish, beans, legumes and nuts are all good sources.

Can BP fluctuate?

Yes. It's totally normal. It changes throughout the day: lower when you wake up and higher at mid-day. It will go up temporarily after eating, exercise, during cold weather as well as hot, humid weather (go figure). Bad news can send it temporarily higher. Just having it taken in your doctor's office can do the same. (It's called "White Coat Hypertension.") There's nothing unusual about any of this. The thing to watch out for is big changes.

So one more time: Know Your Numbers. It's easy to keep tabs at home with your own monitor. If your pressure is fluctuating more than 20 points, tell your doctor.

How often should I get my BP checked?

Think back to the AHA guidelines.

- If you have normal BP, have a doctor check it every 2 years.
- If you have elevated BP (120-129/80-89), get checked yearly.
- If you don't have a monitor and have High Blood Pressure, get one. Until then, have it checked monthly and continue to see your doctor until you've reached your goal.
- If you have a monitor and High Blood Pressure, check your pressure daily. Take it in the morning before eating and/or medication. Take it again in the evening. Try to do it at the same time all the time. Each time you measure it, take 2 or 3 readings. (The first one tends to be higher because you're nervous. Everyone is. It's natural.)

Does BP increase with age?

It certainly can. More than two-thirds of people over 65 have High Blood Pressure. As we age, it's common for both the Systolic (the top number) to go up and the Diastolic (the bottom number) to go down. There's also something called "Isolated Systolic Hypertension," where just the Systolic number is too high but the Diastolic is either normal or low. For people over 65 with High Blood Pressure, this is quite common.

Can I inherit High Blood Pressure?

Yes. Which doesn't mean you will. When it runs in your family, the odds of you having it go up. That doesn't mean you'll get it, it just means keep an eye out. Tell your doctor about your family history. And remember that long, long list of foods, exercise, alcohol consumption, etc? This is one reason we drew it up. If you're worried because someone else in your family had High Blood Pressure, you can take steps now to decrease the chance that you will.

* If you have kidney disease, check with your doctor about appropriate intake.

Natural Solutions Backed by Science

Go sit on a mountain top. Eat nothing but roots. Things can get kooky here. A lot of stuff out there is just plain nonsense. But for the naturally occurring substances below, study after clinical study has shown that when people take them, their blood pressure comes down. In some cases, the evidence is clear. In others, scientists can't say for sure, but there's a definite correlation.

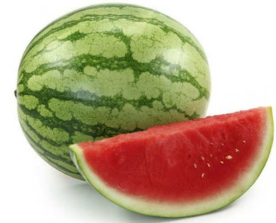
Some act as vasodilators, helping open up blood vessels. Others work as anti-inflammatories, helping blood vessels heal and relax. Still others work as ACE inhibitors, diuretics and Calcium channel blockers. In other words, certain natural substances have many of the same beneficial effects as the prescription BP medicines we talked about earlier. And all are readily available.



Hibiscus Tea: Hibiscus is a gorgeous red flower. The tea brewed from it tastes pleasantly tart. In the body, it acts as an ACE inhibitor and as a diuretic that doesn't cause you to lose essential Potassium. People have seen both their Systolic and Diastolic BP go down after drinking it. In one 2015 study, Systolic dropped an average of about 7.5 points, while Diastolic went down 3.5.



Beets: Whether you eat them whole, use them as a powder, or drink them as a juice, beets can help relax and widen blood vessels. In other words, they're natural vasodilators. In one study, the average Systolic number fell 4-5 points. And beets don't mess around. In a 2015 study with both men and women, beet juice appeared to lower Systolic pressure within just 6 hours.



Watermelon: Watermelon contains an amino acid called "citrulline." It signals the body to start the chemical process that ends with opening up blood vessels and making them more flexible. And you know what happens when blood vessels open up: the heart doesn't have to work so hard and BP can come down. Now you know why there's a watermelon on the cover!



Pomegranate Juice: You might already know about this one. It's pretty popular. People with High Blood Pressure often have inflamed blood vessels. Pomegranate juice is rich in antioxidants which help reduce the inflammation, basically helping the vessels heal. It helps reverse "atherosclerosis," a build-up of plaque in your arteries that can reduce blood flow or even break off and lead to a stroke. It's also an ACE inhibitor. That's 3 in 1, and it's why pomegranate juice helps significantly lower both Systolic and Diastolic pressure.



Turmeric: Turmeric is another flowering plant, related to ginger. Like Pomegranate juice, it contains antioxidants that help decrease vascular inflammation. You can buy it as a root in the produce section of your grocery store, or as a powder in the spice aisle. Just be sure to cook it with some fat and black pepper so that your body digests it appropriately.



Olive Leaf: You might already know that olive oil is good for you. It is. But so is the extract made from olive leaves. It contains a natural chemical shown to significantly lower BP as well as bad cholesterol, and can be found in either powder form or as a capsule available online, at some pharmacies or at vitamin stores.



Cranberry Juice: Another good source of antioxidants. Red foods tend to be rich in them. In one 2011 clinical study, people who drank cranberry juice saw an overall improvement in their heart health, including a drop in their Diastolic pressure.



Tart Cherry Juice: Montmorency cherries are the most-common type of tart cherries grown in the US. People like them for their taste. Researchers are impressed by their health properties. In one study of men with early hypertension, average Systolic pressure dropped by as much as 7 points.



Hawthorn: Doctors often prescribe vasodilators to open up (dilate) blood vessels in patients with High Blood Pressure. Hawthorn berries do this naturally, lowering stress on the blood vessel walls, which may ultimately help to normalize pressure. It's most usually sold as capsules and can be found at health food stores.



Magnesium: Magnesium acts as a Calcium Channel Blocker. It can also be a smooth muscle relaxant, and your blood vessels are made of smooth muscle. It's readily available in supplements and can also be found in whole grains, beans, nuts, and leafy green vegetables. In one study conducted over 3 months, people who took magnesium supplements had lower BP, on average, than those who didn't. Buy it where you buy supplements.



Nigella Sativa Extract: A small decrease in BP has been observed in a study on the effects of Nigella sativa seed extract. It's thought that this is due to an anti-inflammatory (decreased inflammation) and vasodilatory (opening up of blood vessels) properties of Nigella Sativa. Available at Walmart or health food stores.

Is there a connection between High Blood Pressure, Stroke & Heart Disease?

Over 100 million people in the U.S. have High Blood Pressure. About 80% of people who suffer from heart disease or a stroke also have High Blood Pressure.

Some Stroke Statistics, for those who want them:

- About 800,000 people in the U.S. have a stroke each year
- In the United States, a stroke occurs every 40 seconds
- An estimated 90% of strokes can be prevented
- 140,000 people in the U.S. die each year because of a stroke
- \$40 billion in health costs are related to stroke
- Stroke is the 5th leading cause of death in the US

How does High Blood Pressure contribute to Heart Disease?

1) Restricted Blood Flow: When blood flow is restricted or blocked, the heart muscle is starved of oxygen which can lead to a heart attack.

2) Tires the Heart Out: Pumping blood at a higher pressure (think back to garden hose & drinking straw) also makes the heart work harder. To keep up, one of the heart's chambers thickens, but it's a losing battle. Eventually, this thickened chamber can't pump enough blood. The result is heart failure.

Some Heart Attack Statistics, for those who want them:

- Nearly 70% of people who get a first heart attack have High Blood Pressure
- Nearly 74% of people with congestive heart failure have High Blood Pressure
- Nearly 48% of American adults have some form of heart disease

Is it true that every 3-4 points of reduction in Systolic BP decreases risk of stroke or heart disease?

Yes. Yes, yes, yes. This is one place where small makes a big difference. So when you read that something like walking or having a cup of hibiscus tea once a day will "only" decrease your blood pressure by 4.5 points, think of this. If everyone with High Blood Pressure did it, 10% fewer people in this country would have fatal heart attacks. Put a number of these "small" decreases together, and your BP could be right back in the normal range. You're talking better quality life.

Two Last Words: Good job.

If you read this all the way through, give yourself a standing ovation. If you didn't, give yourself an ovation anyway, take a break and come back. If there's anything that doesn't make sense or something you think we missed, let us know at 120life.com/questions. We wrote this for you. If it doesn't help, we didn't do our job.

Our company started with a diagnosis. Our founder, Ira Antelis, learned he had High Blood Pressure; his doctor gave him 3 weeks to get it down. He did it in 5 days with some common-sense measures and a juice drink he created from natural ingredients. Lifelong friend and nutritionist Susan Schachter worked alongside him, performing the exhaustive clinical research that confirmed the formula. Together, they went back and forth, tweaking the recipe to optimize effectiveness and taste. The blend worked so well, Ira was able to cut his medication. But it was learning that he had High Blood Pressure that saved his life.

Now, we want to do the same for others.

This can seem overwhelming at first. Don't let it. Finding out you have High Blood Pressure isn't a bad thing. It might just be the most important thing you ever do for yourself. Because now you can do something about it. It's that simple. Know your numbers. Pass it on.

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Better Numbers. Better Life.

Special thanks to the following for their contributions in putting this book together:

Dr. Lowell Steen
Honey Antelis
Allison Grecco
Adi Malik