



Healing Heroes

MISSION PROJECT



Problem:

WHAT ARE SOME KNOWN FACTORS THAT INFLUENCE THE HEALTH OF THE CARDIOVASCULAR SYSTEM?

- STRESS
- A DIET HIGH IN SALT, FAT, AND/OR CHOLESTEROL
- GENETICS
- LACK OF PHYSICAL ACTIVITY
- OLDER AGE
- OVERWEIGHT



Progression of problem:

STAGE I HYPERTENSION

THE READING VARIES FROM 130-139/90.

STAGE II HYPERTENSION

THE READINGS VARY FROM 140/90 OR HIGHER.

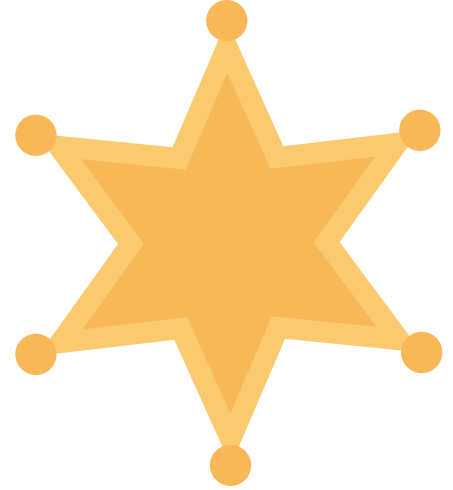
HYPERTENSIVE CRISIS

THE READING VARIES FROM 180/120. IT IS A CRITICAL STATE.

THE HYPERTENSIVE CRISIS STAGE NEEDS MEDICAL HELP AS SOON AS POSSIBLE.



Immediate Relief



Get in a Quiet Room and Calm Yourself Down

- If you are in a crowded place, shelter yourself in a quiet room immediately.
- The undertone is to get away from the crowd. High BP triggers anxiety and breathlessness which needs isolation.

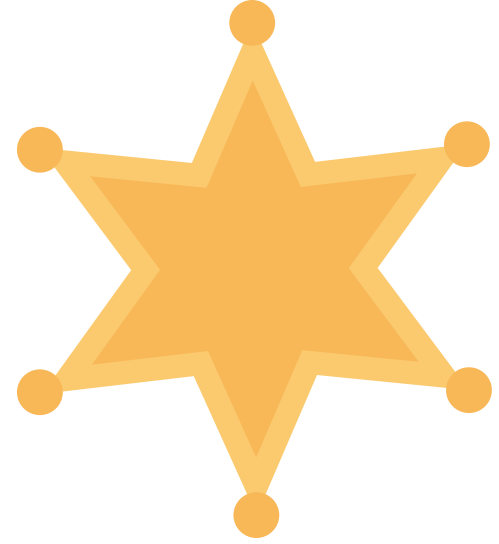
Reduce Screenshot



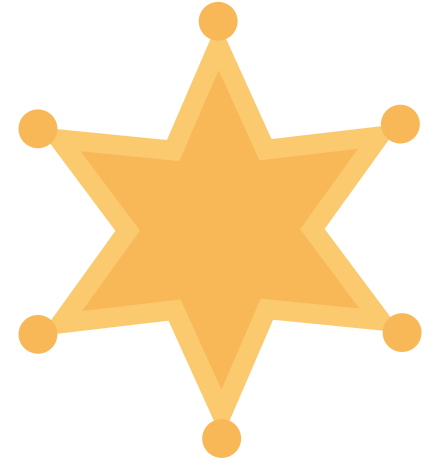
Stop Using Your Phone Immediately

During a phone call, blood pressure readings changed from 121/77 to 129/88.

- The reason behind this drastic change is bioelectromagnetic rays emitting from phones during a call.
- They increase the heart rate and cause dizziness.-



Drink Milk, Coconut Water, and Cranberry Juice



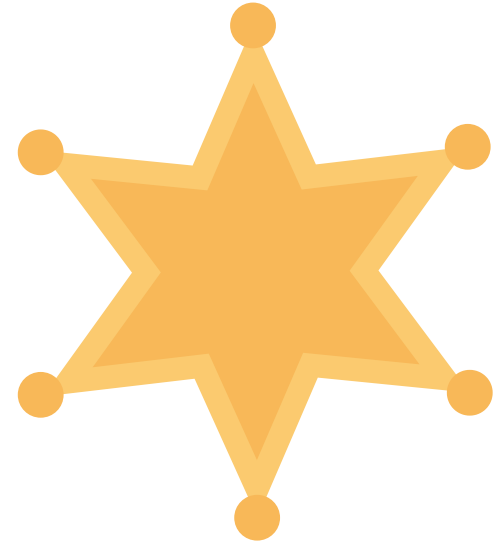
- Milk is a superfood. It consists of potassium, calcium, and Vitamin D. These nutrients are directly proven to lower blood pressure immediately.
- Coconut water is highly rich in potassium, electrolytes, and minerals. These nutrients are an immediate solution to hypertension.
- Cranberry juice is rich in proanthocyanidins. This helps in reducing high BP by dilating blood vessels and increasing blood flow.

Support



Take Help from Family and Friends

- It is advised to seek help from family, friends, and neighbors in case of uneasiness.
- Visiting a crowded function increases the risk of hypertension by almost 52%.

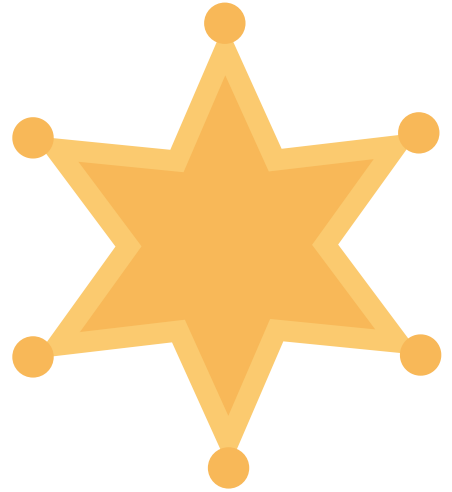


Hug People/Pet

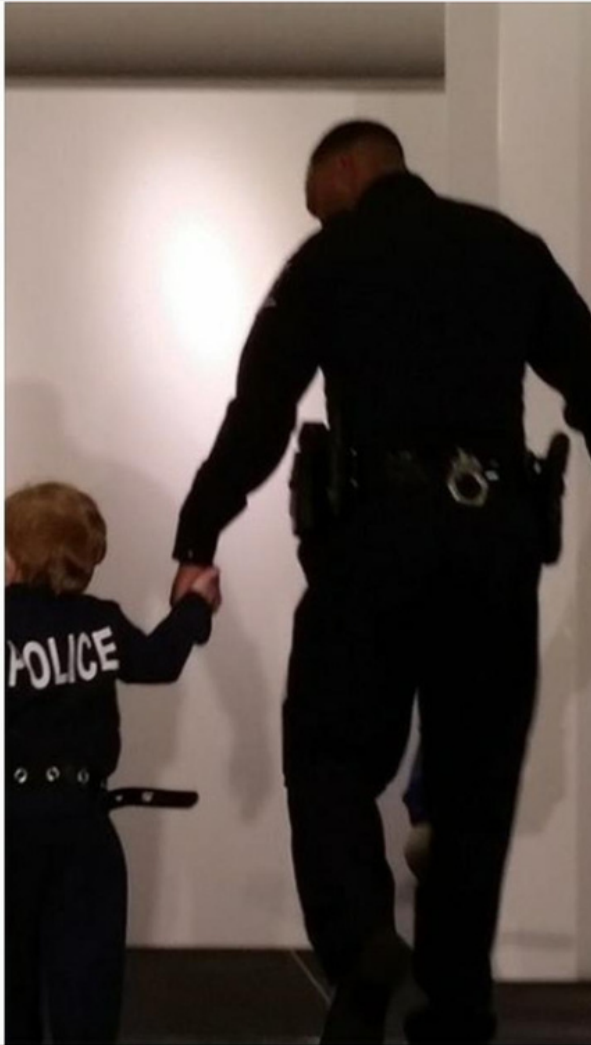


- At times, the simple act of hugging or a reassuring pat releases feel-good hormones which help a lot.
- Human touch and assurance play a big role.

If you're thinking of how to lower blood pressure instantly in an emergency, this is one of the most useful ways.



What works



Munch on Fruits

Increase Water Intake

Foods That Lower Blood Pressure Quickly

- Salmon,
- beans,
- carrots

Brisk Walking

HEALING HEROES

1. WALK AND EXERCISE REGULARLY
MORE EXERCISE HELPS REDUCE IT
EVEN FURTHER.

2. REDUCE YOUR SODIUM INTAKE
TRY SEASONING WITH HERBS AND
SPICES RATHER THAN SALT.

3. DRINK LESS ALCOHOL
DRINKING ALCOHOL CAN RAISE
BLOOD PRESSURE. IN FACT,
ALCOHOL IS LINKED TO 16% OF HIGH
BLOOD PRESSURE CASES AROUND
THE WORLD.

4. EAT MORE POTASSIUM-RICH FOODS

IT HELPS YOUR BODY GET RID OF SODIUM AND EASES PRESSURE ON YOUR BLOOD VESSELS.

FOODS LIKE:

- VEGETABLES, ESPECIALLY LEAFY GREENS, TOMATOES, POTATOES, AND SWEET POTATOES
- FRUIT, INCLUDING MELONS, BANANAS, AVOCADOS, ORANGES, AND APRICOTS
- DAIRY, SUCH AS MILK AND YOGURT
- TUNA AND SALMON
- NUTS AND SEEDS
- BEANS

5. CUT BACK ON CAFFEINE

CAFFEINE CAN CAUSE A SHORT-TERM SPIKE IN BLOOD PRESSURE.

6. LEARN TO MANAGE STRESS

CALMING MUSIC CAN HELP RELAX YOUR NERVOUS SYSTEM. BACH, LOFI, CLASSICAL

WORK LESS: WORKING A LOT, AND STRESSFUL WORK SITUATIONS, IN GENERAL, ARE LINKED TO HIGH BLOOD PRESSURE.

7. EAT DARK CHOCOLATE OR COCOA

THEY CONTAIN PLANT COMPOUNDS THAT HELP RELAX BLOOD VESSELS, LOWERING BLOOD PRESSURE.



8. LOSE WEIGHT

MAKE IT EASIER FOR THE LEFT VENTRICLE OF THE HEART TO PUMP BLOOD.

9. QUIT SMOKING

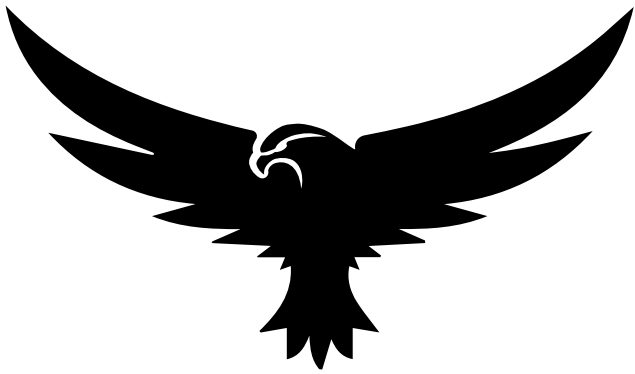
AS IT PERTAINS TO YOU

10. CUT ADDED SUGAR AND REFINED CARBS

REFINED CARBS, ESPECIALLY SUGAR, MAY RAISE BLOOD PRESSURE.

11. EAT BERRIES

BERRIES ARE RICH IN POLYPHENOLS, WHICH CAN HELP LOWER BLOOD PRESSURE.



12. DEEP NASAL BREATHING

ACTIVATE THE PARASYMPATHETIC NERVOUS SYSTEM, WHICH HELPS SLOW YOUR HEART RATE AND LOWER BLOOD PRESSURE.

13. EAT CALCIUM-RICH FOODS

YOU CAN GET CALCIUM THROUGH EATING DARK LEAFY GREENS AND TOFU, AS WELL AS DAIRY.

14. TAKE NATURAL SUPPLEMENTS

- HIBISCUS
- FISH OIL
- WHEY PROTEIN
- BERBERINE
- AGED GARLIC EXTRACT



EXERCISE WITH THE INTENTION OF
REDUCING STRESS

- BRISK WALKING
- SWIMMING
- PUSH-UPS

SUPPLEMENTS

Magnesium

Vitamin D

B vitamins

Potassium

Fish Oil

L-arginine

Vitamin C

Beetroot

Garlic

Probiotics

Know a hero in need?
Let's connect.

*Thank
you!*

HEALING HEROES

JACQUELYN GRACE

Purpose of Grace
Consultant
Concierge

