

TOP 10 LIST #1

TOP 10 ACTIONS YOU MUST TAKE FROM THE FIRST DAY OF RECEIVING A HYPERTENSION DIAGNOSIS

IMPORTANT!

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TOP 10 Actions You Must Take From the First Day of Receiving a Hypertension Diagnosis

✓ 1. **Get a Blood Pressure Monitor**

You will need to monitor your blood pressure daily and record it. I use a digital blood pressure monitor from [Luminscope, Model 1140](#). It holds up to 50 reading and it is relatively accurate when compared to the professional instrument that the doctors use.

Follow this link to get one from Amazon.com. <http://www.beatinghypertension.com/recommends/bpmonitor>

✓ 2. **Eliminate all Processed and Visible Salt from your Diet**

One of the things I personally did was to eliminate processed salt from my diet. Some foods you eat do have some level of salt and you may or may not have control of this. Also, if you need to use salt, do it moderately and use sea salt.

✓ 3. **Walk 2 -3 Times per week for 20-30 Minutes**

Walking keeps your heart healthy and allows it to work efficiently, thereby regulating your blood pressure.

✓ 4. **Sleep 7-8 Hours Per Day , Start Today**

Plain and simple, sleeping will help regulate your blood pressure. Enough Said!

✓ 5. **Do You Smoke? Stop Smoking, Quit!!**

There are so many reasons why smoking is bad for you, and bad for your blood pressure. If you can't quit cold turkey, I have heard great reviews about this product. <http://www.beatinghypertension.com/recommends/quitsmoking>.

✓ 6. **Love an occasional Alcoholic Drink? Switch to Red Wine...**

Red Wine contains a substance that is good for the heart, the organ that pumps blood in the system. I take a glass a day and it does wonders. Visit www.beatinghypertension.com we will soon have an article on the benefits of Red Wine in fighting hypertension.

✓ 7. **Take Nutritional Supplements**

Garlic, Parsley, Hawthorn Berry and L-Arginine will help regulate your blood pressure. These are all natural supplements I take regularly and they are part of my ammunition, they simply work - with no side effects, but check with your Doctor First

✓ 8. **Relax – Take a Break From Life**

Stress is one of the main causes of high blood pressure. Take a 2-Week Vacation and Do nothing but relax and rest

✓ 9. **Get Other Medical Test Done!**

Upon diagnosis, it is important to take various other blood tests. This is to ensure that the high blood pressure has not damaged any organs. Also, it can detect whether or not you got hypertension from some secondary cause like an organ that is dysfunctional.

✓ 10. **Visit www.beatinghypertension.com Daily**

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