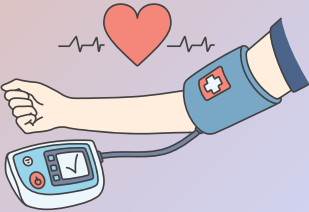


WORLD HYPERTENSION DAY



HYPERTENSION

The Hidden Danger You Can Defeat

It is estimated that more than 294 million people are living with hypertension in our South-East Asia Region. High blood pressure – or hypertension – is often called the silent killer. Why? Because it may show no symptoms while dramatically increasing your risk of heart attack, stroke, kidney disease, and more.

COMMON RISK FACTORS

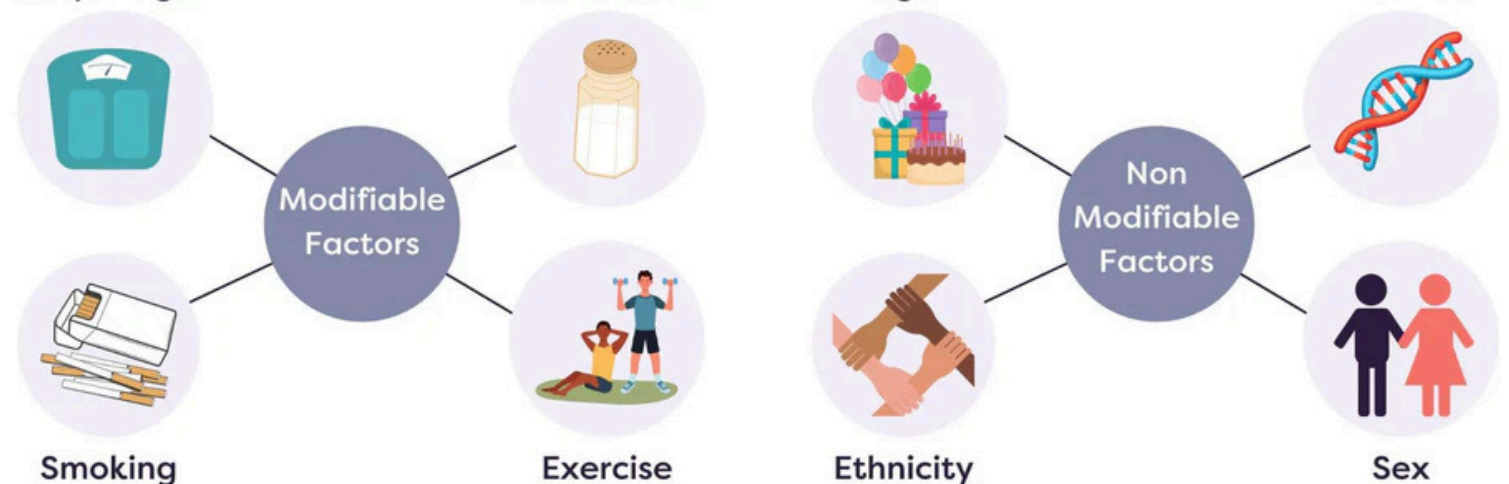
- High salt intake
- Tobacco and alcohol
- Unhealthy diet
- Lack of exercise
- Stress
- Air pollution

Body weight

Salt intake

Age

Genetics



HOW TO PREVENT OR CONTROL HYPERTENSION: 6 PROVEN STRATEGIES

1. EXERCISE REGULARLY

Just 30 minutes a day can reduce blood pressure by 4–9 mmHg.

2. LOSE EXCESS WEIGHT

Even losing 5 kg can lead to significant improvements.

3. REDUCE SALT, INCREASE POTASSIUM

Avoid processed foods. Add potassium-rich fruits and vegetables.

4. BREATHE DEEPLY

Practice deep breathing or meditation daily to support cardiovascular health.

5. MANAGE STRESS

Yoga, hobbies, and mindfulness can calm your nervous system and reduce BP.

6. PRACTICE YOGA

Combines physical activity, stress relief, breathing, and weight control.

BONUS TIPS: EASY WINS FOR YOUR BLOOD PRESSURE

1. **Eat celery** – Nature's BP-lowering food.

2. **Drink Montmorency cherry juice** – A natural remedy shown to rival medication.

3. **Cook with coconut oil** – Especially powerful when combined with exercise.

4. **Spend time in nature** – Just 20 minutes in green spaces can help.

5. **Avoid excess potatoes** – Linked with increased hypertension risk.



NATURAL SUPPLEMENTS THAT HELP LOWER BP

- **Fish Oil, CoQ10, Magnesium, Potassium**
- **Herbs: Hawthorn berry, garlic, hibiscus, ginger**
- **Vitamins: B-complex, Vitamin D3, Vitamin C, E**
- **Polyphenols:** Resveratrol, quercetin, flavonoids, red wine (6 oz. twice weekly), dealcoholized red wine, purple grape juice (independent of alcohol content), red grape polyphenolic extract, dark chocolate, and other plant-derived polyphenols have been shown to safely reduce endothelial inflammation, increase nitric oxide (a vasodilator), and thereby lower both blood pressure and cardiovascular disease. Soy isoflavones because they contain daidzein and genistein, they are known to lower blood pressure.
- **Other Teas:** Dandelion leaf tea is a mild diuretic and therefore can lower blood pressure; fresh ginger tea lowers blood pressure. Hibiscus tea helped lower blood pressure according to a few studies. Ginkgo biloba has ACE inhibition effects and improves endothelial dysfunction and has been found to lower blood pressure and slow heart rate.

THE DASH DIET: A NATURAL WAY TO LOWER BLOOD PRESSURE

✔ WHAT IS DASH?

DASH = Dietary Approaches to Stop Hypertension

Clinically proven to reduce blood pressure in just 1 month!

WHAT TO EAT?

- 8–10 servings of fruits & vegetables daily
- Whole grains, beans, nuts, and low-fat dairy
- Lean meats like poultry & seafood
- Healthy fats (olive oil, seeds, avocados)



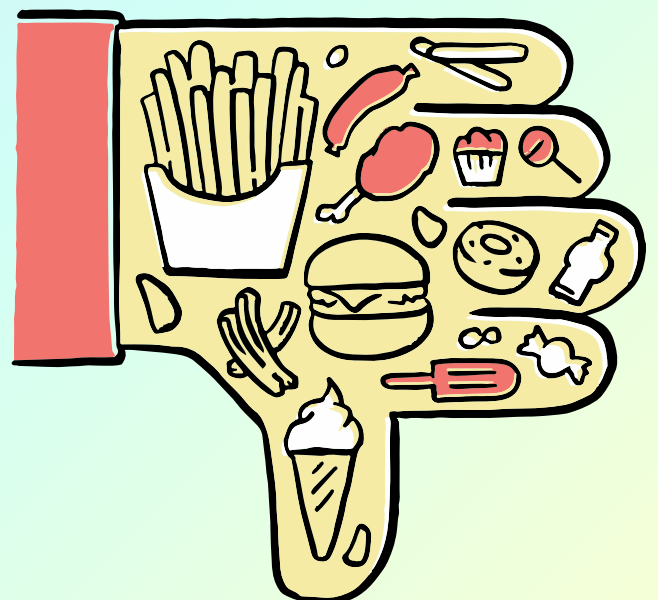
SODIUM INTAKE MATTERS!

High sodium = Blood vessel constriction & fluid retention

Goal: < 2,000 mg/day

⚠️ "THE SALTY SIX" (AHA)

- Avoid or go low-sodium on:
- Breads & rolls
- Pizza
- Sandwiches
- Cold cuts & cured meats
- Packaged soups
- Burritos & tacos





BOOST GUT HEALTH FOR BETTER BP

Add fermented foods to your Diet:

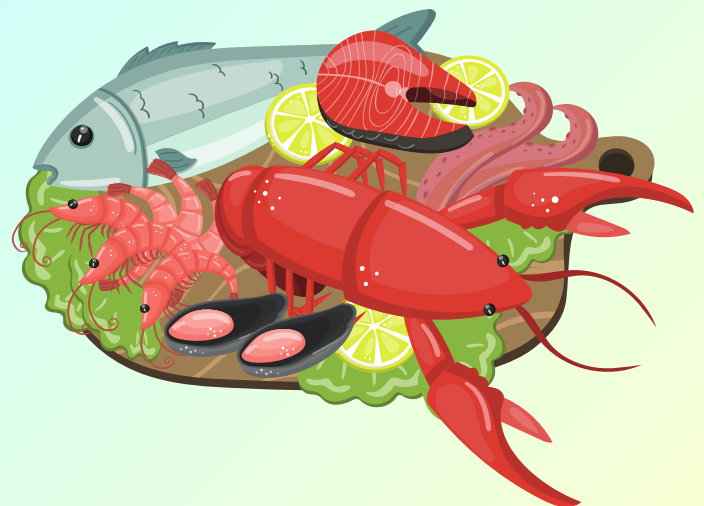
- Yogurt
- Kefir
- Kimchi
- Sauerkraut
- Kombucha

+ Take a daily probiotic supplement

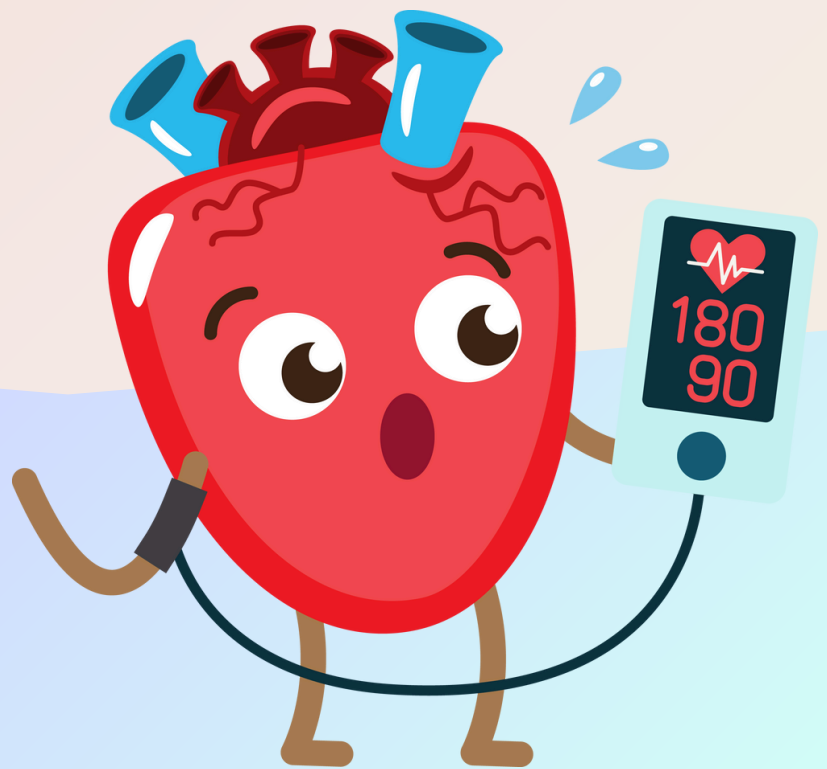


SEAFOOD & ZINC FOR HEART PROTECTION

if you have hypertension that doesn't respond to medication, protect yourself from the damage it causes to your heart by increasing the amount of TMAO in your body by adding more seafood and healthy vegetables to your day-to-day diet. Lower-than-normal zinc levels may contribute to high blood pressure by altering the way the kidneys handle sodium.



WATCH OUT FOR THESE TRIGGERS



- Too much sugar or salt
- Sleep apnea
- Thyroid imbalance
- Certain medications (antidepressants, cold meds)
- Holding in urine for too long
- Loneliness or chronic stress
- Natural supplements like licorice or ginseng
- Low potassium diets
- Polycystic kidney disease
- SSRIs and other stimulants

WHAT IF LIFESTYLE CHANGES AREN'T ENOUGH?

When you get angry, scared or stressed, the smooth muscle tone or tightness of arterial blood vessels goes up...way up. On the other hand, when you lower your stress levels, the nerves to your arterial wall muscles relax.

That's why stress-reducing techniques are a vital part of treating high blood pressure — for anyone, male or female, young or not-so-young.

It can be as simple as practicing slow, deep-breathing exercises or using any other relaxation technique that works for you. Here are a few ideas to help start you off:

- Take a walk- A study published in the journal Hypertension found frequent walking breaks could help keep blood pressure down as effectively as medication Get a massage.
- Visit a sauna- One of the five scientifically-supported health benefits of visiting a sauna regularly is lower blood pressure.
- Read a book Listen to music to experience the Mozart effect —120 people did in a study and it lowered their blood pressure, heart rate and cortisol levels.
- Try yoga.
- Spend an evening with someone you love.

LOW VS. HIGH BLOOD PRESSURE: WHAT TO KNOW

HYPOTENSION

(Low blood pressure)

**DIZZINESS/
LIGHTHEADEDNESS**



**FAINTING
(SYNCOPE)**



WEAKNESS



CONFUSION



BLURRED VISION



HYPERTENSION

(High blood pressure)

**SHORTNESS
OF BREATH**

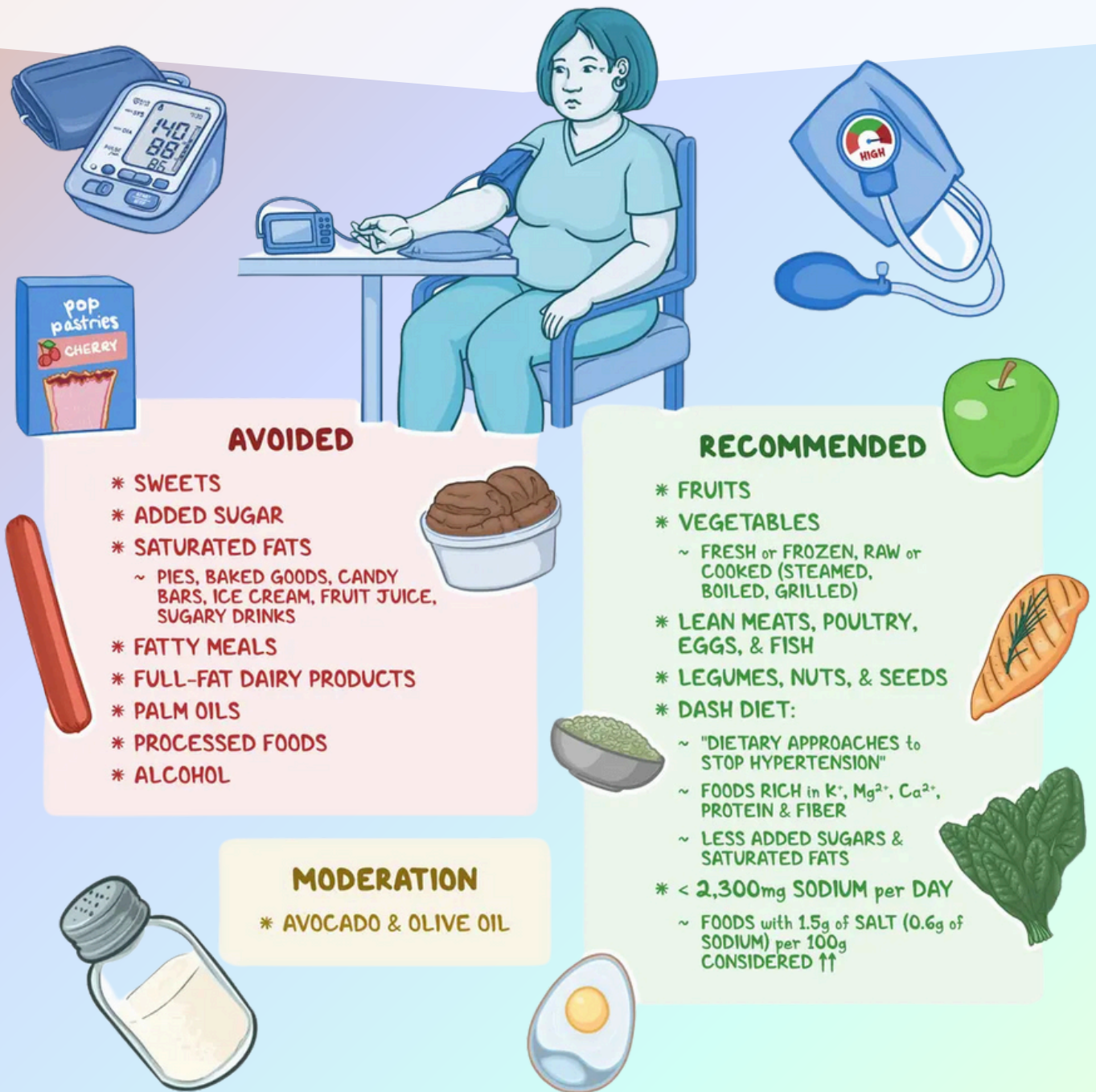
CHEST PAIN

FATIGUE

HEADACHE

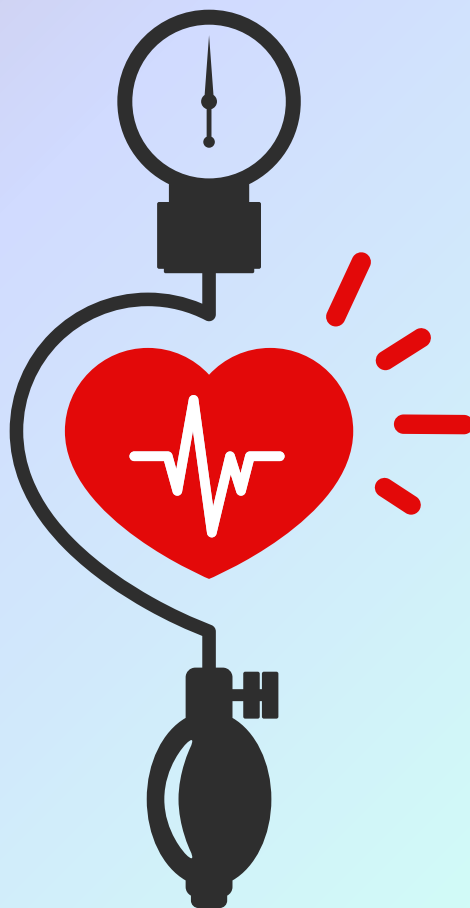
HEART PALPITATIONS

EAT SMART: FOODS TO SUPPORT HEALTHY BLOOD PRESSURE



- Beets & spinach – High in nitric oxide
- Beans & lentils – Fiber + potassium powerhouses
- Blueberries & olive oil – Antioxidants and healthy fats
- Pumpkin seeds & yogurt – Magnesium, probiotics
- Fatty fish (like salmon) – Omega-3 rich

**HIGH BLOOD PRESSURE
DOESN'T ALWAYS SHOW—**



**BUT ITS IMPACT DOES.
ACT BEFORE IT REACTS.**

**You're not alone in this journey. Stay informed, stay
supported, stay healthy.**