



# BLOOD PRESSURE

## AN EDUCATIONAL GUIDE TO SUPPORTING HEALTHY CIRCULATION AND CARDIOVASCULAR WELLNESS

**WHAT IS BLOOD PRESSURE?** Blood pressure measures the force of blood against your artery walls as your heart pumps. Healthy blood pressure ensures oxygen and nutrients are delivered efficiently throughout the body, supporting brain function, kidney health, vision, and overall longevity. When blood pressure rises and remains elevated, the heart and the vessels work harder, leading to inflammation, vascular damage, and an increased risk for developing stroke, heart attack, kidney disease, and cognitive decline. Blood pressure often rises gradually and silently, making routine monitoring and proactive lifestyle support essential for your health.

**MEASURING BLOOD PRESSURE:** Blood pressure is recorded as two numbers: **systolic** (pressure when the heart beats) over **diastolic** (pressure when the heart relaxes). A normal healthy range for adult blood pressure readings is generally around 120/80 mmHg or lower. Readings between 120-129/<80 are considered elevated, and consistent values of 130-139/80-89 indicate stage 1 hypertension. Readings 140/90 or higher on repeated measurements are consistent with stage 2 hypertension, and values above 180/120 require urgent medical evaluation. Measurements can vary with stress, activity, caffeine, and time of day, so trends over time (rather than an isolated reading) provide the clearest picture.

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

**HYPERTENSION CAUSES:** High blood pressure often develops gradually from a combination of lifestyle factors, metabolic changes, and genetics. Contributing influences include high intake of processed and salty foods, low intake of potassium-rich fruits and vegetables, chronic stress, inadequate sleep, sedentary habits, excess alcohol, smoking, insulin resistance, kidney strain, and systemic inflammation. Most people experience no symptoms, which is why hypertension is called the “silent” condition. When signs do appear, they may include headaches, vision changes, chest discomfort, shortness of breath, dizziness, or ringing in the ears. Supporting blood pressure early helps protect the heart, blood vessels, kidneys, and brain over time.

**NATURALLY SUPPORTING HYPERTENSION:** A whole foods diet focused on vegetables, fruits, whole grains, legumes, and healthy fats (while limiting processed foods, sodium, sugar, and alcohol) helps protect blood vessels and lower inflammation. Regular movement such as walking and strength training improves circulation and heart function, while consistent sleep, deep breathing, and stress-reduction practices calm the nervous system and reduce vascular tension. Some supportive nutrients and herbs include for lowering blood pressure include magnesium, hawthorn, hibiscus, garlic, olive leaf, beetroot, omega-3s, and coenzyme Q10.

*This information is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Please consult your physician or healthcare provider before making any changes to your health regimen or for any medical concerns.*