

THE SILENT JOURNEY NEWSLETTER.®

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You can control Hypertension!

According to the CDC, 1 in 3 people have high blood pressure. Medication can help control HBP. But HBP is a chronic health condition, so healthy habits are essential. Most doctors suggest you stop smoking, eat a low-fat high-fiber diet, and exercise. Some medical professionals suggest the DASH Diet.

DASH, which stands for, Dietary Approaches to Stop Hypertension. This includes fruits and vegetables (8-10 servings a day), whole grains, beans, nuts, low-fat dairy, lean meat (poultry, seafood), You should limit red meats, added sugars, and unhealthy fats.

Most people still believe their food doesn't taste well until they add, just a little salt. Your daily intake of salt should be no more than 2300mg. Just 2 tablespoons of salad dressing can have ¼ of your daily allowance. For more information on hypertension, cut and paste the following link.

"Happy National High Blood Pressure Education Month!"

This is the 23rd Edition of The Silent Journey Newsletter. The premise of this newsletter is to teach people about high blood pressure (HBP) and healthy living. This newsletter was also created

Blood Pressure Categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and	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 (seek your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



to support people who use our app, 30bp (thirty-second bp). Our monthly readers know my passion for this topic is rooted in my health issues with HBP. As we approach our 24th Edition, we thought it would be a great idea to reintroduce our

readers to HBP and its symptoms. Plus, it's National HBP Education Month, so let's dig in.

Let's begin with, the definition of blood pressure (BP). According to the CDC, "blood pressure is the pressure of blood pushing against your arteries. Arteries carry blood from the heart to other parts of your body. Your blood pressure normally rises and falls throughout the day." When your BP is normal, it should be 120/80 (mm Hg).

Now that we know what BP is, and how it works in our body. The next subject is hypertension or high blood pressure. HBP is when your BP readings are higher than normal. The American Heart Association states, high blood pressure (HBP or hypertension is the force of your blood pushing against the walls of your blood vessels, which is consistently too high. "The higher your blood pressure levels, the more risk you have for other health problems, such as heart disease, heart attack, and stroke." Some doctors will tell you that you have HBP if your pressure is consistently 140/90. These doctors are using guidelines from 2003. Other doctors and healthcare professionals will use newer guidelines that were recently established in 2017. Those guidelines state a BP at 130/80 and above is HBP. Make sure you know which guidelines your physician adheres to. Just go to aha.com to see an official BP chart to check your BP levels.

How do you know if you have HBP? Hypertension usually has no warning signs or symptoms. Most people won't know they have it unless they are informed by their doctor. Measuring your BP is the only way to know if you have HBP. Be vigilant, and talk to your doctor about your BP and other medical concerns.

If you don't take your BP seriously, there are many illnesses you are susceptible to because of HBP. HBP will affect many of your major important organs, like your heart, brain, kidneys, and eyes. Take it from a person whose heart has been affected by HBP. Take control of your BP, before it controls you.

Control HBP Without Medicine

- Limit the amount of alcohol you drink. Drinking alcohol in moderation may be good for your health. Experts say one drink a day for women and two for men, may lower your BP by 4 (mm Hg). One drink equals 12 ounces of beer, five ounces of wine, and 1.5 ounces of 80 proof liquor.
- Quite smoking. Every time you smoke a cigarette, you increase your BP for many minutes after you finish.
- Cut back on caffeine. There is still debate about the effects of caffeine on BP. People who rarely use caffeine can raise their BP by 10 (mm Hg). But those who regularly consume caffeine may see little to no effect on their BP.
- Get support. Believe it or not, supportive friends or family may help improve your health. There are many ways they can help you. They may give you a ride to the doctor. A friend can exercise with you and provide support as you fight HBP. You can also join a support group to help you reach your goals.

Many experts say the best way to defeat HBP is with exercise and a healthy diet. The Mayo Clinic said weight loss is one of the most effective lifestyle changes for controlling your BP. If you are overweight or obese, weight loss can lower your BP. Make sure you keep an eye on your waistline. Too much weight around your waist puts you at greater risk of HBP. By the sexes, men are at greater risk if their waistline is greater than 40 inches. For women, your risk factors rise if your waistline is 35 inches or more.

Now, this is a tough one for me. Exercise. I know I am not by myself, but the experts say regular exercise is another way of lowering your BP. The kicker is, we have to exercise 150 hours or 30 minutes a day to lower our BP by 5 to 8 (mm Hg). The Mayo Clinic says, if you stop exercising, your BP can rise again. Trust me, I am a witness to that one.

So, let's make an exercise promise together. For the next six months, we are going to exercise and eat healthily. We are going to get 8-10 hours of sleep and keep a journal to track our progress. Deal? If you are In, just send me an email at mail@32ndstreetmedia.com and type, I'm In, in the body of the email.

There are many types of exercises you can do to lower your BP. The easiest one is to open your front door and go for a 30-minute walk. If that's too boring for you, go jogging, biking, swimming or even running. The quiver is full of exercises, just pick one and hit the road. You may want to try high-intensity workouts to lower your BP.

Finally, we get to my favorite topic, healthy eating. Back in the late '80s, I used to go to lunch with a co-worker who called me Sparks. She said, "your plate sparks every time your fork touched the plate. That was 70 pounds ago. I would eat whatever my heart desired and never thought about consequences. Well, as the old saying goes, the chickens came home to roost.

Now that we are getting our groove back with exercise, it's time to eat like we work out; consistently and often. Often you say? I know you like the sound of that. Some nutrition experts suggest we eat at least five times daily. As we age, our metabolism slows down. The consumption of small portions of fruits, vegetables, nuts, and some meats; may raise your metabolism. Also, read food labels, watch out for high sodium foods. Eat fewer processed foods, sodium is added during processing. Cook with herbs and spices instead of salt. One teaspoon of salt has 2300 mg of sodium. According to the FDA, your daily sodium allowance should not exceed 2300 mg.

You are reading this and thinking, there's no way I can follow these parameters. Yes, you can. Furthermore, if you don't, take a moment and think about the consequences of not doing anything.

To access previous editions of The Silent Journey Newsletter, go to www.32ndstreetmedia.com/newsletter. For comments, send an email to mail@32ndstreetmedia.com.