

THE SILENT JOURNEY NEWSLETTER ©

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“45% of U.S Adults have High Blood Pressure!”

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.

Since last Spring I have been writing about the importance of exercise and daily activity. From walking to aerobics and everything in between. My message has been, get up and do something. I did take my own advice. I started doing senior advanced workouts with my man Curtis. Here is the YouTube link to his workouts.

<https://www.youtube.com/watch?v=zYW16dV8xVY> Curtis workouts are for seniors or anyone trying to be more active. The workouts are low impact but effective. Give it a try. I think my senior friends will be quite surprised. As Monk used to say, “you’ll thank me later”.

I have been doing the workouts with Curtis for a little more than a month. Before that, I made sure I kept moving and eating healthy meals. Nothing I have done has given me such good results in so little time. After a few lessons, I see muscle growth in my arms and thighs. Before I go further, no, I am not getting paid from Curtis or any of his representatives. When I find something that works, I like to share the good news.

I told one of my friends about Curtis' workouts. He had just reinstated his gym membership. After hearing about Curtis's workouts, my friend said he was canceling his gym membership. He has senior low-impact workouts and advanced senior workouts.

There's a reason I push workouts and physical activity. As we age, everything we attempt to do seems more difficult. Remember the last time you tried to get out of a car one leg at a time. It seemed like a hard task, right? What was the alternative; you swung both legs to the door side and stood up?

If you begin an exercise routine, you see a funny thing starts to happen. You won't see it on day one, but eventually, you'll start to feel stronger. Your balance gets a little better and you can get off the couch without making that familiar sound we tend to make. Then you have more pep in your step. People start to notice a change in your attitude and your waistline.

At that point, workouts stop being work. You start to look forward to your workouts. You stop by the shoe store and buy a new pair of sneakers. There's a nice workout outfit over there, so you try it on. And before we know it, your lives change just because you began a workout regiment.

TRACK YOUR BP

I believe we are getting a better understanding of what high blood pressure affects us. It's time for a refresher course on how we can track and monitor our blood pressure.

Our company, 32nd Street Media, LLC has a blood pressure app called, :30bp (thirty-second bp). Our app and many others allow you to monitor your blood pressure and share the results with your doctor.

Just go to your IOS or Android play store and download :30bp. The app is available in English and Spanish.

Software Engineer Jeff Boyd said this about :30bp; "Simple and easy to use. Does just what it's supposed to: log your blood pressure readings."

Some of the features on the app help you to better understand what your blood pressure is really doing. The app will date, and time stamp each reading that you put into the app. Date and time stamps help you to see what your blood pressure is doing at various times of the day, week, or month. Each time you input a blood pressure reading, that reading appears on a graph and gives you a snapshot of your most recent weekly readings. Track and monitor your blood pressure and see your results improve.

Anyone who knows me knows that I talk about high blood pressure (HBP) all the time. Not because I am a partner in a virtual health company, but because I had a bypass in 2008. I speak about HBP because I want to help people to manage their high blood pressure. HBP can be managed with a healthy diet, controlling your weight, regular exercise, managing stress, and quit smoking. All of these are critical for keeping your heart in shape and managing your blood pressure over a long period.

If you haven't noticed, this newsletter's name, The Silent Journey, references a blood pressure term, the silent killer. Blood pressure is called the silent killer because blood pressure has no symptoms. If you don't track or monitor your blood pressure on a regular or semi-regular basis, how would you know you have it? Here are a few facts from the American Heart Association. 1. High blood pressure develops over time and can be related to many causes. 2. HBP cannot be cured. But it can be managed effectively through lifestyle changes and when needed, medication.

Does any of this information look familiar? If you have been diagnosed with HBP, you have seen these facts and a few more. It's crucial for you to follow your doctor's blood pressure instructions. According to the CDC, almost two in three people have high blood pressure? Please remember, if you have HBP, you will most likely have no symptoms, except in cases of hypertension crisis. The best way to know if you have high blood pressure is to visit your healthcare professional.

I hope you are beginning to realize how important it is to manage your blood pressure. The next time you join the family for dinner or a treat, think about how the food you eat may impact your hypertension. It took my family a long time to adjust to my eating habits. My wife and I cook most of the food we eat from scratch. When I explain this to people, they always think cooking from scratch is difficult. Think about the breakfast foods you make. If you cook some eggs, bacon, toast, and grits, you're cooking from scratch. What about your lunch or dinner? What things are you cooking from scratch without thinking about it?



Some of the best food I've ever eaten was cooked in my kitchen. For years I could never make a good pancake. I looked in my Betty Crocker Cookbook and ever since I have been making pancakes from scratch. Including my favorites; Spaghetti, cakes, pies, and stews. Just the other week, I found a Pot Pie recipe on my phone. I bought pie crust, made the filling, and within two hours I made my chicken pot pie. (Pictured above)

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