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Hypertension (defined as average blood pressures greater than 130/80 mmHg according to the [American Heart Association](#)) is one of the most important early warning signals for chronic disease THAT YOU CAN MODIFY! We encourage you, if hypertension affects you, to take control of understanding and managing your blood pressure. You can do this by educating yourself about the condition, monitoring it using a blood pressure cuff, and committing to having your blood pressure be at goal (average blood pressures of 130/80 or less) through a combination of lifestyle changes, botanical medicines and pharmaceuticals that work for you. How you get there is less important than making sure you are at goal. We love teaching and empowering about this condition and giving you the tools to understand and manage your hypertension.

### Patient education series: Nonpharmacologic blood pressure lowering options

Intervention	Dose	Systolic (upper number) BP effect (mmHg)	Diastolic (lower number) BP Effect (mmHg)
Exercise	150 min/week	4-9	no effect
Sauna	4 x 5-20min/week	14	8
High intensity exercise	90 min/week	27	no effect
DASH diet		11	5
Mediterranean diet	daily	2	1
High fiber	35gms/day	10-20	2-10
Intermittent fasting	16 hour fast daily	7	
Magnesium	300mg daily	2	1
Vitamin D3	2000 IU daily	6	4
Potassium	30-100mmol/day	4	2
Omega-3	700mg DHA		3
Aged Garlic Extract	960mg/day	4.6	2.8
Hawthorn ( <i>Crataegus</i> species)	500mg	13	8
Hibiscus	250mg anthocyanins/day	17	12
Grape seed extract	150-300mg/day	12	8
Transcendental Meditation	120min/week	4	2
Yoga	90 min/week	4	0