

MANAGE YOUR BLOOD PRESSURE WITH LOWER INFLAMMATION

WHAT IS INFLAMMATION?

It's your body's response to injury or stress. Normally it is a good thing, but chronic inflammation can lead to health problems.

The presence of both chronic inflammation and high blood pressure may raise your risk of heart disease – as much as 7 times!

7X more likely to have a stroke or heart attack

American Heart Association
www.heart.org

TIPS FOR LOWERING INFLAMMATION



Sleep 6-8 hours on a consistent schedule



Your first cigarette raises blood pressure by 7-10%



Maintain healthy body weight



Choose whole foods over convenience foods



Stay hydrated



Use herbs and spices like cinnamon, garlic & basil



Consider a probiotic supplement



Limit alcohol intake to 1-2 drinks/day

"Fight Inflammation to Help Prevent Heart Disease." Johns Hopkins Medicine. URL: hopkinsmedicine.org/health/wellness-and-prevention/fight-inflammation-to-help-prevent-heart-disease.

"What is Inflammation?" Harvard Health Publishing, Feb 2017. URL: health.harvard.edu/heart-disease-overview/ask-the-doctor-what-is-inflammation.