

HEALTH AND
FITNESS
WITH GURU MANN

LOWER YOUR
BLOOD PRESSURE
NATURALLY

GULSHAN KUMAR
PRESENTS

HIGH+BP DIET

GURU MANN

NUTRITIONIST
ISSA / ASFA / NASM / ACE LEVEL-III CERTIFIED

NUTRITION E-Book

Guru Mann

CERTIFIED Nutritionist – ASFA/ISSA/NASM/ACE/ACSM

San Francisco
California, UNITED STATES

OVERVIEW

Lifestyle plays an important role in treating your high blood pressure. If you successfully control your blood pressure with a **healthy lifestyle**, you might avoid, delay or reduce the need for medication.

Blood pressure is the force of blood against the walls of arteries. Blood pressure rises and falls throughout the day. When blood pressure stays elevated over time, it's called **high blood pressure**.

The medical term for high blood pressure is **hypertension**. High blood pressure is dangerous because it makes the heart work too hard and contributes to atherosclerosis (hardening of the arteries). It increases the risk of **heart disease and stroke**, which are the first- and third-leading causes of death among Indians. High blood pressure also can result in other conditions, such as congestive heart failure, kidney disease, and blindness.

A blood pressure level of **140/90 mmHg** or higher is considered high. About two-thirds of people over age 60 have high blood pressure. If your blood pressure is between **120/80 mmHg** and **139/89 mmHg**, then you have **prehypertension**. This means that you don't have high blood pressure now but are likely to develop it in the future unless you adopt the healthy lifestyle changes.

People who do not have high blood pressure at age 55 face a 90 percent chance of developing it during their lifetimes. So high blood pressure is a condition that *most people will have at some point in their lives*.

Both numbers in a blood pressure test are important, but for people who are age 50 or older, systolic pressure gives the most accurate diagnosis of high blood pressure. Systolic pressure is the top number in a blood pressure reading. It is high if it is 140 mmHg or above.

BLOOD PRESSURE LEVELS IN HUMAN BODY

CATEGORY	SYSTOLIC (mmHg)	DIASTOLIC (mmHg)	RESULTS
Normal	Less than 120	Less than 80	Good for you!
Prehypertension	120-139	80-89	Your blood pressure could be a problem. Make changes in what you eat and drink, be physically active, and lose extra weight.
Hypertension	140 or higher	89 or higher	You have high blood pressure.

TIPS: DO's & DON'T's

1. Eat a healthy diet

Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure by up to 14 mm Hg.

It isn't easy to change your eating habits, but with these tips, you can adopt a healthy diet:

- **Keep a food diary.** Writing down what you eat, even for just a week, can shed surprising light on your true eating habits. Monitor what you eat, how much, when and why.
- **Consider boosting potassium.** Potassium can lessen the effects of sodium on blood pressure. The best source of potassium is food, such as fruits and vegetables, rather than supplements. **3500mg to 5000mg potassium** level is best for you.
- **Be a smart shopper.** Read food labels when you shop and stick to your healthy-eating plan when you're dining out, too.

2. Reduce sodium in your diet

Even a small reduction in the sodium in your diet can reduce blood pressure by 2 to 8 mm Hg. The effect of sodium intake on blood pressure varies among groups of people. In general, limit sodium to less than **2,300 milligrams (mg)** a day or less. However, a lower sodium intake — 1,500mg-1800mg a day or less — is appropriate for people with greater salt sensitivity, including:

- Anyone age 51 or older
- Anyone diagnosed with high blood pressure, diabetes or chronic kidney disease

To decrease sodium in your diet, consider these tips:

- **Read food labels.** If possible, choose low-sodium alternatives of the foods and beverages you normally buy.
- **Eat fewer processed foods.** Only a small amount of sodium occurs naturally in foods. Most sodium is added during processing.
- **Don't add salt.** Just 1 level teaspoon of salt has 2,300 mg of sodium. Use herbs or spices to add flavor to your food (check the list at the bottom)
- **Ease into it.** If you don't feel you can drastically reduce the sodium in your diet suddenly, cut back gradually. Your palate will adjust over time.

3. Limit the amount of alcohol you drink

Alcohol can be both good and bad for your health. In small amounts, it can potentially lower your blood pressure by 2 to 4 mm Hg.

But that protective effect is lost if you drink too much alcohol — generally more than one drink a day for women and for men older than age 60, or more than two a day for men age 60 and younger. One drink equals 12 ounces of beer, five ounces of wine or 1.5 ounces of 80-proof liquor.

Drinking more than moderate amounts of alcohol can actually raise blood pressure by several points. It can also reduce the effectiveness of blood pressure medications.

4. Quit smoking

Each cigarette you smoke increases your blood pressure for many minutes after you finish. Quitting smoking helps your blood pressure return to normal. People who quit smoking, regardless of age, have substantial increases in life expectancy.

5. Cut back on caffeine

The role caffeine plays in blood pressure is still debated. Caffeine can raise blood pressure by as much as 10 mm Hg in people who rarely consume it, but there is little to no strong effect on blood pressure in habitual coffee drinkers.

Although the effects of chronic caffeine ingestion on blood pressure aren't clear, the possibility of a slight increase in blood pressure exists.

To see if caffeine raises your blood pressure, check your pressure within 30 minutes of drinking a caffeinated beverage. If your blood pressure increases by 5 to 10 mm Hg, you may be sensitive to the blood pressure raising effects of caffeine. Talk to your doctor about the effects of caffeine on your blood pressure.

6. Reduce your stress

Chronic stress is an important contributor to high blood pressure. Occasional stress also can contribute to high blood pressure if you react to stress by eating unhealthy food, drinking alcohol or smoking.

Take some time to think about what causes you to feel stressed, such as work, family, finances or illness. Once you know what's causing your stress, consider how you can eliminate or reduce stress.

If you can't eliminate all of your stressors, you can at least cope with them in a healthier way. Try to:

- **Change your expectations.** Give yourself time to get things done. Learn to say no and to live within manageable limits. Try to learn to accept things you can't change.
- **Think about problems under your control and make a plan to solve them.** You could talk to your boss about difficulties at work or to family members about problems at home.
- **Know your stress triggers.** Avoid whatever triggers you can. For example, spend less time with people who bother you or avoid driving in rush-hour traffic.
- **Make time to relax and to do activities you enjoy.** Take 15 to 20 minutes a day to sit quietly and breathe deeply. Try to intentionally enjoy what you do rather than hurrying through your "relaxing activities" at a stressful pace.
- **Practice gratitude.** Expressing gratitude to others can help reduce stressful thoughts.

7. Monitor your blood pressure at home and see your doctor regularly

Home monitoring can help you keep tabs on your blood pressure, make certain your lifestyle changes are working, and alert you and your doctor to potential health complications. Blood pressure monitors are available widely and without a prescription. Talk to your doctor about home monitoring before you get started.

Regular visits with your doctor are also key to controlling your blood pressure. If your blood pressure is under control, you might need to visit your doctor only every six to 12 months, depending on other conditions you might have. If your blood pressure isn't well controlled, your doctor will likely want to see you more frequently.

8. Exercise regularly

Regular physical activity — at least 30 minutes most days of the week — can lower your blood pressure by 4 to 9 millimeters of mercury (mm Hg). It's important to be consistent because if you stop exercising, your blood pressure can rise again.

If you have slightly high blood pressure (prehypertension), exercise can help you avoid developing full-blown hypertension. If you already have hypertension, regular physical activity can bring your blood pressure down to safer levels.

The best types of exercise for lowering blood pressure include walking, jogging, cycling, swimming or dancing. Strength training also can help reduce blood pressure.

HERBS & SPICES
Basil Cinnamon Chili Powder Cloves Dill Seed Ginger Parsley Rosemary

FOOD TO AVOID	FOOD TO EAT
<ul style="list-style-type: none">• Whole meat• Mutton• Processed foods• High-fat dairy products like whole fat milk, cheese, butter• Potato chips• Packaged snacks• Candy bars• White Rice• White Bread• Refined Aata• White Naan• Soft Drinks• Packed Juices• Indian Sweets• Deep fried food	<ul style="list-style-type: none">• Leafy green vegetables & Lettuce• All Nuts (Peanuts, Almonds, Cashews, Walnuts, etc)• Whole grains• All Seeds (Flaxseed, Sesame seeds, Chia seeds, etc)• Low-fat dairy products• Beans, Channe and peas• Fresh low-sugar fruits (blueberries, raspberries, blackberries, cranberries, pears, melon, grapefruit, apple and cherries)• Whole Grain Bread• Whole Grain Pasta,• Whole Grain Cereal,• Brown Rice,• Whole Wheat Roti• Sweet Potato• Millet• Oats• Quinoa• Eggs• Chicken• Fish• Tofu/Low Fat Paneer• All Vegetables

NUTRITION PLAN

For All Age MEN & WOMEN

UPON WALKING-UP – 7-8AM

½ Clove Garlic on empty stomach

MEAL 1 – BREAKFAST – 8-9AM

INGREDIENTS	SODIUM	POTASSIUM	ALTERNATES
<b style="color: red;">Cereals with Milk -30g Muesli cereals -200ml Non Fat Milk (Pitanjali / Baggry's / Kellogg's K)	140mg 140mg	150mg 350mg	1. Oats 2. Eggs & Toast 3. Fruits & Milk
TOTAL	280mg	500mg	

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MEAL 2 – AFTERNOON SNACK – 11-12PM

INGREDIENTS	SODIUM	POTASSIUM	ALTERNATES
<b style="color: red;">Cashews & Apple -28g Cashews -1 Apple -1cup Indian Tea [5g Stevia]	2mg 2mg	350mg 200mg	ALTERNATES: 1. Almonds & Pear 2. Walnuts & grapes 3. Peanuts & Papaya
TOTAL	4g	550mg	

MEAL 3 – LUNCH – 2-3PM

INGREDIENTS	SODIUM	POTASSIUM	ALTERNATES
<b style="color: red;">Quinoa -1cup Quinoa (cooked) - ½ Yellow Bell Pepper -1-2 chopped Carrots - ¼ cup Green Peas -1sp Cranberries -Chopped Herb (Basil or Cilantro) - ½ Lemon -1sp Olive Oil -1sp Ketchup - Sprinkle Garlic Powder -Pinch of Salt if needed	1mg 4mg 42mg 7mg 5mg 0mg 1mg 0mg 154mg 6mg 220mg	170mg 400mg 195mg 354mg 85mg 0mg 50mg 0mg 54mg 116mg 0mg	ALTERNATES: 1. Brown Rice & Lentil 2. Roti & Sabji 3. Roti & Beans 4. Rice palao 5. Roti & Paneer NOTE: Use Pinch of salt, do not use spoon to add salt.
TOTAL	450g	1200mg	

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MEAL 4 – EVENING SNACK – 5-6PM

INGREDIENTS	SODIUM	POTASSIUM	ALTERNATES
<b style="color: red;">Milk & Biscuits -1cup Milk -3 Biscuits (Britania/Parlegi/Tiffany)	140mg 300mg	350mg 100mg	ALTERNATES: 1. Milk & Banana 2. Roasted Soy & Orange 3. Roasted Channe & Milk
TOTAL	440g	450mg	

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MEAL 5 – DINNER – 8-9PM			
INGREDIENTS	SODIUM	POTASSIUM	ALTERNATES
Mixed Lentil & Rice			ALTERNATES:
-1/8 cup Black Lentil	0mg	180mg	1. Brown Rice & Channe
-1/8 cup Green Lentil	0mg	180mg	2. Roti & Spinach
-1/8 cup Yellow Lentil	0mg	180mg	3. Roti & Soy Beans
-1/8 cup Brown Lentil	0mg	180mg	4. Rice & Soy paneer
-4sp Red Bell pepper	3mg	140mg	5. Roti & Paneer
-2sp Onion	1mg	20mg	6. Salad with paneer and olive oil.
-2sp Tomato	1mg	20mg	
-1 clove Garlic or garlic poder	130mg	15mg	
-1sp Green Chili	1mg	35mg	
-Pinch Salt/Pepper	130mg	1mg	NOTE: Do not use spoon to add salt.
-Chopped Herb (Basil or Cilantro)	2mg	21mg	
-Cooked in 1/2sp Olive Oil	1mg	0mg	
-1/3 cup Brown Rice (cooked) or 1 Whole Wheat Chapati (optional)	5mg	42mg	
TOTAL	274g	1012mg	

MINERAL	FDA RECOMMENDATION	GURU MANN RECOMMENDATION
Sodium	2400mg	1500-2000mg
Potassium	4800mg	3500-4000mg

WORKOUT PLAN

For MEN & WOMEN – AGE 16 to 40

For GYM WORKOUT Follow:

- 6 Week Shredded
- Muscular 8
- Shredded Next Level
- Get Ripped

For HOME WORKOUT Follow:

- Fit Zone Level 1
- Fit Zone Level 2
- Fit Zone Level 3
- Fit Zone Level 4
- Fit Zone Level 5

For MEN & WOMEN – AGE 40+

1 Hour Out door Walk or on Treadmill 5 days a week or Gym Workout

NOTE: All programs are available FREE on my “Health And Fitness” YouTube Channel.

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NOTE: PRINT OUT THIS PAGE AND FILL OUT THE BODY MEASUREMENTS ON MONTHLY BASIS TO SEE THE PROGRESS

PROGRESS - WEEK 1
DATE: _____
NAME: _____
AGE: _____
BLOOD PRESURE LEVEL: _____
CHOLESTEROL LEVEL: _____
LDL : _____
HDL: _____
TRIGLYCERIDES: _____

PROGRESS - WEEK 2
DATE: _____
NAME: _____
AGE: _____
BLOOD PRESURE LEVEL: _____
CHOLESTEROL LEVEL: _____
LDL : _____
HDL: _____
TRIGLYCERIDES: _____

PROGRESS - WEEK 3
DATE: _____
NAME: _____
AGE: _____
BLOOD PRESURE LEVEL: _____
CHOLESTEROL LEVEL: _____
LDL : _____
HDL: _____
TRIGLYCERIDES: _____

PROGRESS - WEEK 4
DATE: _____
NAME: _____
AGE: _____
BLOOD PRESURE LEVEL: _____
CHOLESTEROL LEVEL: _____
LDL : _____
HDL: _____
TRIGLYCERIDES: _____

PROGRESS - WEEK 5
DATE: _____
NAME: _____
AGE: _____
BLOOD PRESURE LEVEL: _____
CHOLESTEROL LEVEL: _____
LDL : _____
HDL: _____
TRIGLYCERIDES: _____