

# Get Good Blood Pressure

**Avoid Strokes, Heart Attacks from High Blood Pressure**

## Blood Pressure Food

BANANAS, PLUMS



CUCUMBERS  
, BROCCOLI



1. SLICE GARLIC CLOVE



2. FROM A SPOON. SWALLOW SMALL PIECES WITH JUICE



## **A. Web Articles**

### **1. Chicago Tribune**

[What Doctors Know: Lower your blood pressure naturally...](#)

Note: apple cider vinegar - 3 tsp/day with water.

### **2. NDTV**

[Ditch the pill, switch to garlic](#)

### **3. Medical News Today**

a. [Fifteen good foods for blood pressure](#)

b. [7 natural diuretics to eat and drink](#)

**Note:** without water pills' side effects - see **4.d & C.**

#### **4. Healthline**

- a. [17 Ways to Lower Your Blood Pressure](#)
- b. [17 Best Foods for High Blood Pressure](#)
- c. [9 Foods and drinks to avoid](#)
- d. [15 Natural Diuretics](#)

#### **B. In book, Patient Heal Thyself**

- 1. pages 89, 163 - 167, **236, 237** - 243; and
- 2. **The Maker's Diet**- pages 123 - 206

See **Prescription Drugs Awareness**

**Copyright © 2020 - 2021 BelieveUP LLC. All rights reserved.**