



UNDO HYPERTENSION

NUTRITION GUIDE

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ADOPT THE 8's FOR A HEALTHIER YOU



Positive Mindset

Use at least 8 minutes to start your day engaging in, singing/listening to classical music, reading inspirational quotes, prayer, positive thoughts or self talks.



Hydration

Drink at least 8 cups (8oz) water daily.



Nutrition

Follow my 4+4 Diet Plan.



Intermittent Fasting

Consume all your meals within 8 hours daily (for example, 8:00 AM – 4:00 PM, 9:00AM- 5:00 PM). Fast 16 hours daily.



Mood stabilization

with 8 minutes of sunlight daily.



Physical Activity

Eight repetitions of 5 minutes interval exercise routine daily: 4 minutes moderate intensity, 1 minute cool down (example 4 minutes speed walking and one minute normal pace walking, repeat this 8 times).



Disconnect

Use at least 8 minutes to end your day with thoughts of gratitude, forgive those who may have wrong you.



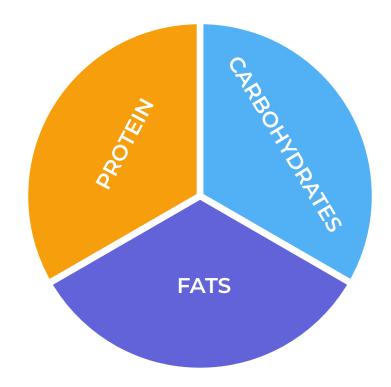
Recharge

Aim to obtain 8 hours of restful sleep daily, try to be in bed before 11:00PM.

FOUR + FOUR NUTRITION PLAN:



MACRONUTRIENTS:



ENERGY PROVIDING FOODS THAT THE BODY NEEDS IN LARGE QUANTITY

G - Food group (GOOD, GO, GREEN)

PROTEINS

Legumes **Others**

lima beans black beans navy beans soybeans tofu kidney beans lentils split peas garbanzo beans tempeh seeds (chickpeas) pinto beans red beans

CARBOHYDRATES

Wild rice Whole wheat pasta **Bulgur** wheat Vegetables **FATS**

Brown rice Sweet potato Rye Potato Avocado Seeds Fruits Olive Quinoa Barley Nuts Legumes

MICRONUTRIENTS

(Essential elements needed by the body in very small amounts)

Vitamins and Minerals.

S - FOOD GROUP

("STOP or SICKNESS" GROUP)

The foods should be removed from diet or if used, try to keep at 10% of plate or time.

Fried foods Cheese Coffee Oil

Meats White rice Eggs Fish White flour Sugar

nuts

UNDONE HYPERTENSION

Disease	Food or Nutrient	Function
Hypertension	Diuretic foods	In some cases, they are as effective as medications. They increase urine production, and decrease blood volume, thus reducing blood pressure. They are rich in potassium, fiber and antioxidants. Some examples include celery, dandelion, parsley, garlic, asparagus, pears, watermelon, and cucumber.
	Fruit	Eating a lot of fruits protects against hypertension. People suffering from hypertension should consume lots of fruits.
	Green Leafy Vegetables	They are rich sources of potassium, magnesium and nitrates which help lower blood pressure. A vegetarian diet lowers blood pressure.
	Purification Broth	Broth made with onion and celery that detoxifies blood waste and helps prevent hypertension. A half to one liter of this broth is consumed a day instead of water.
	Legumes	Contain potassium, magnesium and calcium, which help control blood pressure. They are low in sodium and high in fiber.
	Celery	Celery contains a compound called 3-n-butyl phthalide which has been shown to lower blood pressure. It functions as a vasodilator and diuretic, thus helps with hypertension.
	Squash	Rich in potassium and low in sodium.
	Garlic	It has nitrates which potentiate nitric oxide production. Nitric oxide has vasodilatation and hypotension properties. Need to consume an average of 8 cloves of slightly steamed garlic a day to achieve this effect.
	Guava	Eat guava every day to reduce blood pressure.
	Pears	They have diuretic properties and are rich in potassium.
	Grapefruit	Protects the arteries and has diuretic properties.
	Fiber	More fiber in the diet lowers the risk of hypertension. Animal products do not contain fiber while plant foods, especially unrefined plant foods (such as whole fruits, vegetables and whole grains) are rich in fiber.
	Potassium	A potassium-rich diet protects against hypertension. Foods rich in potassium include chia seeds, green leafy vegetables, oranges, bananas, etc.
	Calcium	Dairy products are a good source, as well as legumes, broccoli, cabbage and nuts. Low calcium can lead to hypertension.

Disease	Food or Nutrient	Function
Hypertension	Magnesium	A magnesium deficiency can lead to hypertension. Good sources are green leafy vegetables, fruits (especially figs, avocado, bananas, and raspberries) legumes, nuts, seeds, and wheat germ.
	Beets	Rich in dietary nitrates which are converted to nitric oxide, which has vasodilatory and hypotensive properties.
	Hibiscus Flowers	Hibiscus tea has been shown to lower blood pressure in people with hypertension.
	Curcumin	Turmeric is very rich in curcumin, which is shown to improve blood flow and decreases blood pressure especially in those with kidney disease.
	Pomegranate	Pomegranate juice is a strong source of nitrates, which helps to keep blood vessels soft and elastic. The daily intake of 150ml (5oz) of pomegranate for 2 weeks can markedly lower blood pressure.



MEAL PLANS:

HYPERTENSION and HEART DISEASE

2 cups of hibiscus tea daily (un-sweet)

BREAKFAST

- Day 1. Heart beat smoothie:1/4 medium beet, 1 stalk celery, 1 cup spinach, 1/3 cucumber, 1 small pear, ½-1cup water or ice.
- Day 2. Cashew-oat waffle with fruits sauce or chopped fruits.
- Day 3. Avocado black bean toast and ½ grape fruit.
- Day 4. Fruit bowl with 2 tablespoon chia and 1 tablespoon flax seeds
- Day 5. Overnight Oats with berries and ripe banana (8 oz oats plus 4-6oz chopped fruits)
- Day 6. Mushroom & Spinach tacos (2 corn tortillas or one whole wheat tortilla and one apple or pear)
- Day 7. Make It Yourself.

LUNCH

- Day 1. Tofu Vegetable stir fry with 1 cup quinoa.
- Day 2. Coconut Chickpea Curry, 2/3 brown rice, mixed vegetables
- Day 3. Baked Falafel with pita-pocket, lettuce and tomatoes.
- Day 4. Bean Chili and corn bread or corn tortillas and a salad.
- Day 5. Roasted Vegetable Delight, add a fruit
- Day 6. Mashed Cauliflower / White Beam with Lentil patties, and Raw Vegetable Salad.
- Day 7. Pasta Primavera and an apple.
- Day 8. Make It Yourself

DINNER

- Day 1. Purple cabbage-onion-celery soup, fruit bowl
- Day 2. Hummus Vegetable Wrap, with an Apple
- Day 3. Spicy Mexican beans and pita chip, bowl of water melon.
- Day 4. Mashed Cauliflower and White beans with lentil patties.
- Day 5. Black Beans, Corn Quinoa Salad
- Day 6. Eggplant Zucchini baked with Meatless Balls
- Day 7. Make It Yourself

