



Guidelines for taking accurate blood pressure reading at home:

1. Get the right equipment: Digital blood pressure cuffs that attach to the bicep are often more accurate than wrist models. Take your cuff to your Physician to verify it is accurate.
2. Monitor your blood pressure regularly. If you are hypertensive or hypotensive this might mean daily reading will keep you in the safe zone. Write it down for a record you can provide your Physician.
3. Empty your bladder 30 minutes before taking a reading.
4. Don't eat or drink caffeine or have nicotine 30 minutes before taking a reading.
5. Sit in a chair with your feet on the ground for five minutes before taking a reading.
6. Be mindful to calm your breath before taking a reading.

According to Harvard Health Publishing from Harvard Medical School (<https://www.health.harvard.edu/blog/new-high-blood-pressure-guidelines-2017111712756>) new blood pressure guidelines are:

“Stage 1 high blood pressure (a diagnosis of hypertension) is now between 130 and 139 systolic or between 80 and 89 diastolic (the bottom number).

Stage 2 high blood pressure is now over 140 systolic or 90 diastolic.”

High or low blood pressure can have a root cause in blood sugar imbalance | prediabetes | diabetes | hypoglycemia and downstream health trauma of food intolerances, Autoimmunity, digestive lack. Personalized Diet-Free Thriving™ nutritious uncomplicated, delicious, and gratifying food lifestyle can improve health.

“Tam, I am thrilled with my A1C from 6.8 to 6.1 in three months. Thank you for your guidance to help me make nutrition changes for this great improvement in my health.” L.L. Imagine what the next three months will bring!

[1:1 Functional Nutritional Therapy consultations](#)

Schedule a complimentary call with Tam via QR code / [direct to booking calendar](#) / or call Tam.



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1:1 Retained Executive Functional Nutritional Therapy Consultations
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