

Checklist to Reduce Blood Pressure

Every Day

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 minute walk							
Fish Oil							
Co Q10							
8 Hours of sleep							
10 Minutes of deep breathing							

Each day, do 4 items from this list. They may be different each day.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Celery stalks							
½ cup beet juice							
½ cup pomegranate juice or Welch's grape juice							
½ tsp turmeric powder							
2 tbsp raw olive oil							
¼ cup of almonds or walnuts							
25-30 g of dark chocolate (70% cocoa or more)							
½ raw onion							
1 clove raw garlic							
6 prunes							