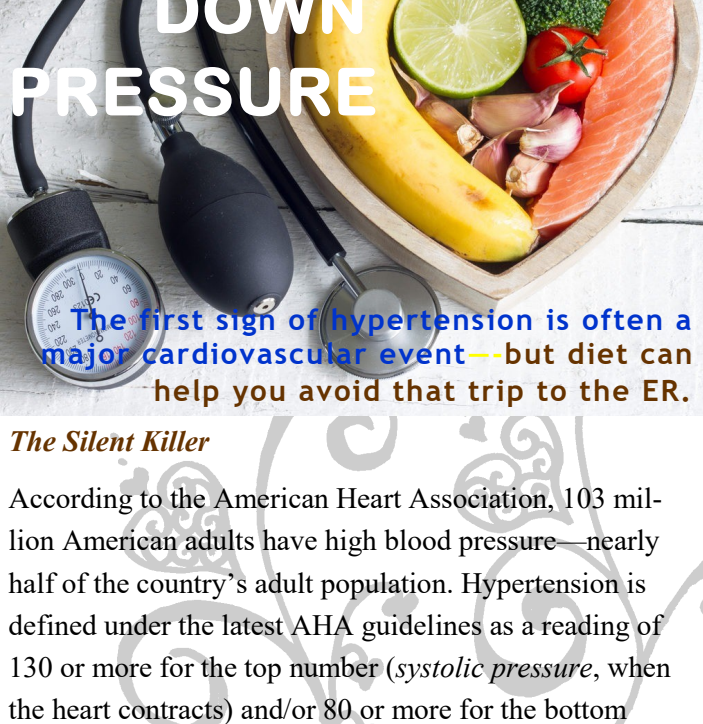


PLANET HEALTH'S NEWSLETTER



The first sign of hypertension is often a major cardiovascular event—but diet can help you avoid that trip to the ER.

The Silent Killer

According to the American Heart Association, 103 million American adults have high blood pressure—nearly half of the country's adult population. Hypertension is defined under the latest AHA guidelines as a reading of 130 or more for the top number (*systolic pressure*, when the heart contracts) and/or 80 or more for the bottom number (*diastolic pressure*, between heartbeats).

High blood pressure is called “the silent killer” because there are no symptoms, you don't feel it. It's very insidious; with years of uncontrolled high blood pressure, you're probably going to die of a stroke or heart attack. Hypertension can also affect the brain, kidneys and eyes.

That's why it's crucial for people with high blood pressure to take their health into their own hands by making lifestyle changes needed to bring those readings down.

It's been scientifically proven beyond a sliver of a doubt that what you eat can lower blood pressure, even as well as medicine.

Attacking Hypertension with Your Fork

In the early 1990s, high blood pressure was becoming more widely recognized as a growing epidemic in the US. Looking for solutions, the National Institute of Health funded research into whether dietary interventions could help.

The scientists found that people who consumed more fruits, vegetables and whole grains had lower pressure levels. What's more, they discovered that this was enough to significantly decrease systolic blood pressure—the one often seen as posting the greater risk in terms of heart attack and stroke—without other lifestyle medications being needed.

It was the first solid research to demonstrate that diet did, in fact, have an effect on cardiovascular health.

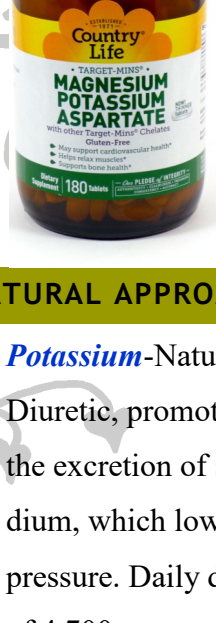
Say No to Sodium

The DASH (Dietary Approaches to Stop Hypertension) restrict sodium intake levels to 1,500 milligrams per day. Basically sodium makes you retain fluids, which adds to the whole pressure buildup. Retaining fluids puts more stress on the heart and overall cardiovascular system.

The Centers for Disease Control's list of the 10 saltiest food sources: breads and rolls, pizza, sandwiches, cold cuts and cured meats, soups, burritos and tacos, savory snacks (chips, cheese), and eggs and omelets.

Resource: energy times magazine

2ND QUARTER 2020



NATURAL APPROACH

- **Potassium**-Natural Diuretic, promotes the excretion of sodium, which lowers pressure. Daily dose of 4,700 mg per day is recommended.
- **Magnesium**-Regulates blood sugar, improves bone development, helps keep blood pressure in check. Relaxes the blood vessels. Recommended dose of 500 mg per day.
- **Fiber and Protein**-Lean proteins such as chicken, turkey and fish—and plant based choices are preferred. Fiber from green leafy vegetables and fruits helps prevent cardiovascular disease and decrease blood pressure. Fiber also binds to cholesterol in the body and excretes it.
- **Coenzyme Q10**-Improves heart function and lowers blood pressure.
- **Kyolic Garlic**-Effective in lowering blood pressure.

What's New?

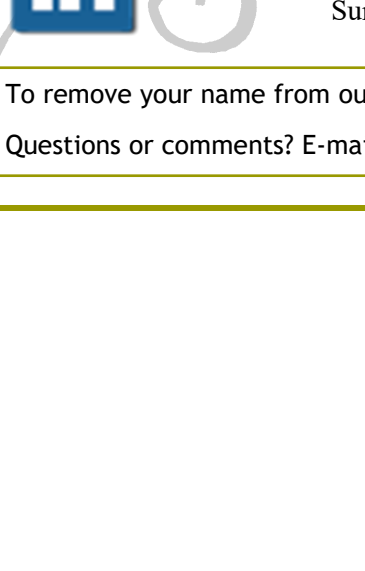


ANCIENT NUTRITION

- **Soil-Based Organisms**
- **Organic Fermented Botanical Blend**
- **Survivable Shelf Stable Strains**
- **Strain Diversity**

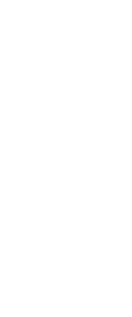


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