

HIGH BLOOD PRESSURE CONDITION PROTOCOL

Supplementation Regimen:

- Optimal 1 Digest-A-Meal, 2 capsules with each meal
 - NOS Performance Pak, 1 packet morning and evening
 - Optimal EFA, 2 capsules daily
 - Optimal BFF, 2 chewables each afternoon
- OR**
- Optimal Fruit & Veggie Plus, 1 serving daily

OPTIONAL:

- Optimal Longevi-D K2, 1 capsule morning and night
- OR**
- Essential DAK1K2, 1 capsule morning and night



Nutrition Regimen:

- 8oz of water with each meal

Breakfast:

- 1 fist-sized portion of raw fruit
- 1 serving of oatmeal
 - ½ cup old fashioned rolled oats
 - 1 tsp nuts or seeds (slivered almonds, pumpkin, or sunflower seeds)
 - Pinch of flax seeds
 - Organic honey or Stevia to taste

Morning Snack:

- 1 serving of Optimal Complete Nutrition Plus in 8oz skim milk, soy milk, almond milk, fresh juice, or water **OR** 1 fist-sized serving of raw fruit (berries, if possible) **OR** 1 fist-sized portion of fresh vegetables

Lunch:

- Large salad (2-4 cups) or raw vegetables including dark, leafy greens
- Lean protein (3-4 oz) chicken, turkey, fish, tofu, or whale beans (try to use salmon at least once a week)
- Dressing: vinegar or lemon juice with 1 tsp of healthy oil (such as grape seed oil or extra virgin olive oil)
- Add Mrs. Dash (or like) seasoning, if desired
- **NO CHEESES, CREAMED DRESSINGS, CROUTONS, BACON BITS, etc.**

Afternoon Snack:

- 1 serving of Optimal Complete Nutrition Plus in 8oz skim milk, soy milk, almond milk, fresh juice, or water **OR** 1 fist-sized serving of raw fruit (berries, if possible) **OR** 1 fist-sized portion of fresh vegetables

Dinner:

- 1 cup whole grains
- 3-4 oz lean meat
- 1 cup of vegetables (raw is best)
- Avoid cheese or processed sauces and dressings.

Example meals:

- Turkey sandwich on whole-grain bread, with vegetables (lettuce, tomato, sprouts, etc.)
- Fish, brown rice, green salad
- Chicken fajitas (chicken, onions, peppers) on steamed corn tortillas
- Marinara sauce on whole wheat or spinach pasta, green side salad
- Brown rice, chicken, steamed vegetables

Exercise Regimen:

- Steady State, Low Volume Aerobics: 30 minutes daily (i.e. brisk walk)
- Full Body, Light Weight Strength Training: 30 minutes, 2 times per week