

How is your Blood Pressure? ...

Written by Administrator

Wednesday, 24 February 2010 09:08 - Last Updated Wednesday, 24 February 2010 09:32



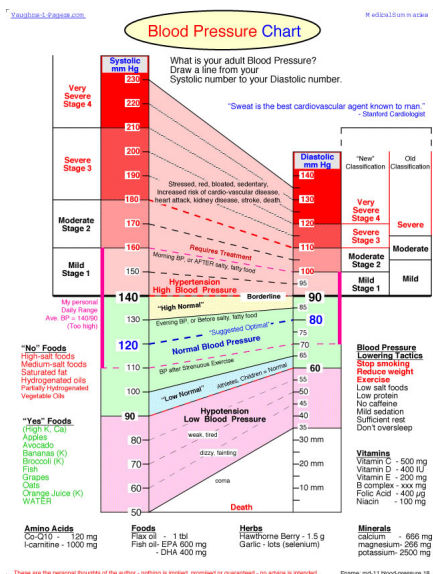
If your blood pressure is 143-96, it is good or not?

Maybe you like me got troubles to understand when the Blood Pressure is Good or not.

Of course you will feel it well or too much tired or overweight, etc.

If your Blood Pressure is 143-96, it is **not** good. Is too high.

The Following Chart offers you a good explanation, about the range of Good Pressure.



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Like you note the "Normal Blood Pressure" is 120-80.

Blood Pressure is measured in mmHg. I leave you to the Web to look for the Physics lessons about that.

My precision this morning was better than yesterday. This morning was just after weak-up and a cup of coffee: 119-84.

I have a Blood Pressure machine, I purchase in San Francisco, several years ago.

Was useful to invest money in this machine.

I for example don't eat more Hamburgs and not meat from animals. I only eat chicken, turkey and fish. I plan to remove also this around two or three years, if I will remain up.

The US Department of Health and Human Services - DASH



DASH stand for Dietary Approaches to Stop Hypertension. I am reading it. I hope you also read

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it.

I see President Obama and the First Lady, Michele Obama and doing great efforts to let US Americans, live and have good health. I hope they will be successful, instead of others that want only kill US Americans and the World!

I am also overweight, but this is my problem. I hope I can continue to visit my Website also in the incomming years.

Thanks,

Giovanni A. Orlando.

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