

# BLOOD PRESSURE RESTORER



**Derrick Williams**

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**1. Drink at least 8 glasses of water**

I cannot stress enough the importance of drinking enough water a day.  $\frac{3}{4}$  of our body comprises of water and it forms a major component of our blood that drives our body organs.

Remind yourself each time of the day to drink enough water. It should be made as a habit. Do not restrict your water intake only when you are thirsty. A good gauge of whether you are hydrated enough would be the colour of your urine. If it is yellow, it means that it is concentrated and you are dehydrated. It should be colourless to ensure that you are properly hydrated.

Water can help to flush the toxins out of your system naturally. Proper water intake contributes to clearer skin, properly functioning organs and a more effective circulatory, respiratory and digestive system.

Eight glasses of water should be the minimum, if not more especially if you work out to achieve dramatic health benefits. Water in the forms of coffee should not be taken into account as it instead dehydrates your body by acting as a diuretic.

## 2. Replace the morning coffee with lemon water

Whilst it is true that the brewed beverage is loaded with caffeine that can increase your concentration and energy throughout the day, recent studies have shown that drinking coffee first thing in the morning can be more harmful than people realise.

Caffeine on an empty stomach stimulates the production of stomach acid and damages the lining of the stomach with repeated exposure. This increases the risk of getting stomach reflux and gastric problems. It also leads to indigestion of fats, making you feel bloated. You can also get heartburns.

As covered just now, caffeine has the reverse effect of restoring water into your body. It leads to dehydration and creates symptoms of it, namely: quicker pulse, irregular heartbeat and putting pressure on the heart, thus adversely affecting your blood pressure.

Instead, treat yourself with a fresh dose of lemon water at the start of the day. I will emphasise on the benefits of this detoxify agent again here.

Contrary to popular beliefs, lemon water does not build up the stomach acid like coffee. Instead, it helps in digestion and rehydrates the body. Lemons also contain more potassium than apples or grapes, better in helping to restore your blood pressure.

Lemons also contain huge dose of vitamin C and pectin fiber needed to help you fight cravings and lose them extra calories to make you lean and fit.

### 3. Replace a meal each day with a detoxifying smoothie

It is not recommended to detox your body by going the extremes of fasting or eliminating foods totally. This may instead cause more harm to your body.

Turning to a smoothie for one of your meals is a great way to kickstart your metabolism and allowing your digestive system to slowly adapt to your new diet change.

A good recipe of smoothie that incorporates the right ingredients complement each other's richness help to promote digestion , introduce fiber to relive your constipation and help you perform a cleanse in a regular and natural way.

Soon, you will notice a newfound energy that will allow you to stay in overdrive mode all the time. Some of the symptoms that you suffer everyday will be gone with this natural boost.

I have already introduced the smoothies you can start with in the previous module. You can also be creative and mix-and-match the ingredients into your new drink.

#### 4. Exercise and meditation

Exercise forms an integral part of the detoxifying process. It pushes the blood to circulate more efficiently through the body, allowing the nutrients to get transported to the organs and muscles. Also, exercise helps lymph fluids to circulate and drives toxins out of body.

Meditation is a practice using deep breathing, quiet contemplation or sustained concentration on something peaceful and quiet. It helps you to let go of your stress and feels relaxed.

Stress is your body's natural alarm system. It releases a hormone called adrenaline that drives up your heart rate and blood pressure.

This can be important during 'fight' or 'flight' situations. However, this response can take a toll on your body if it is sustained over a long time. Nowadays, stress stays in our lives almost every single of minute, making us on tenterhooks most of the time. Meditation helps to reduce stress in your lives, achieving a balance in your lives not achievable by medications.

Recent studies have shown promising results about the impact of meditation in reducing blood pressure. A 2012 study showed African-Americans with heart disease who practised Transcendental Meditation regularly were 48 percent less likely to have a heart attack or stroke or die compared with African-

Americans who attended a health education class over more than 5 years.

It is no doubt that both exercises and meditations serve as adjusts together with healthy eating reduces stress and risks of cardiovascular diseases.

5. Try eliminate medications and go for healthy foods- fresh organic produce instead of processed ones

You would probably have known the various harmful effects of the medications brought to your various organs including the one major organ which is the liver. Liver serves an important function by acting as a detoxifying agent to remove the harmful toxins from our body.

In fact, most of the medications actually builds up toxins in the liver and slows or even destroys its function in the process, accumulating even more toxins. Therefore, it is without a doubt that you should try to eliminate the use of medications and that includes the medications.

Instead, go for healthier food produce and choose the fresh organic ones instead of the processed ones. These foods are healthy produce that provide your liver a good and thorough cleanse.

Eat organic foods when possible such as leafy vegetables packed with magnesium, chlorophyll, vitamin A and C along with fresh fruits. Buying organic foods are especially important since they do not contain pesticides or preservatives (often used to preserve the life span of processed foods) which can toxify the liver and even cause cancers.

Well, it may not come cheap but it's well worth your effort! Think of it as a small investment for your health to save up for your hefty medical bills later. These foods provide pure nutrients for your liver and cleaning your blood vessels at the same time, providing you a new energy and a healthier body.

## 6. Cut smoking and drinking in moderation

It's no secret that smoking is bad for you and once you start, it is hard for you to stop. If you still smoke today, you should make a conscious effort to quit smoking. It can be started with something small by cutting down a few sticks per day. No amounts of healthy diet can be enough if you do not make the effort to quit smoking.

Smoking is especially harmful to your blood vessels and inevitably raise your blood pressures. The nicotine in the cigarette smoke is the biggest part of the problem. It raises your blood pressure and heart rate, narrows your arteries and hardens their walls, and makes your blood more likely to clot.

Research has shown that people who drink alcohol excessively(over 2 drinks per day) have one and a half to two times increase in the frequency of high blood pressure. The association between alcohol and high blood pressure is particularly noticeable when the alcohol intake exceeds 5 drinks per day. Moreover, the more alcohol that is consumed the stronger is the link to hypertension.

That is not to discount the fact that there are some benefits to alcohol as well. Drinking small amounts of alcohol have instead known to lower blood pressures by a small degree but it is not research proven. Drinking red wine is known to be good for the heart and reduces the risk of heart attack and strokes.

So my recommendation would be to keep to at most 2 servings of alcohol per day and not beyond if you really have to drink. Ultimately, it is the lifestyle changes: low salt, optimal weight and exercise as the key to lower your blood pressures.

## 7. Stay Happy!

You must be thinking that I am joking but I am not. This emotion is often overlooked but is easily achievable if you pay close attention to it.

According to a study led by Professor Martin Fussenger from the Department of Biosystems Science and Engineering ( D-BSSE) in Basel, being happy releases a happiness hormone called dopamine that lowers blood pressure.

On the other hand, being stressed or angry releases a hormone called adrenaline that increases blood pressure instead.

Examples of activities that can make you happy include social activities, exercising or even having a great sex.

Some countries have even practised laughing out loud as a daily exercise, forcing the brain to receive lots of 'happy hormones' that drives up our energies and making us fitter and younger at the same time. Indeed, laughter can be the best medicine to all the various ailments.

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