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## **Simple Tips to Reduce Your Blood Pressure**

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Last November, the American Heart Association and the American College of Cardiology released new guidelines for the definition of high blood pressure.

The guidelines lowered the definition for high blood pressure to 130/80 from 140/90 millimeters of mercury (mm Hg), meaning more people now meet the criteria for stage 1 hypertension.



“These guidelines have been long anticipated and are very welcome by most hypertension experts. They may seem drastic, but in putting the knowledge we’ve gained from large trials into clinical practice, they will help thousands of people,” according to Dr. Naomi Fisher, director of hypertension service and hypertension innovation at the Brigham and Women’s Hospital Division of Endocrinology, Diabetes, and Hypertension, and associate professor of medicine at Harvard Medical School.

### ***Why Does Hypertension Matter?***

If you are in this 130/80 range, reducing your blood pressure can help protect you from heart attack, stroke, kidney disease, eye disease and cognitive decline, according to an article in the Harvard Medical School online newsletter Healthbeat. The goal of the new guidelines is to encourage you to treat your high blood pressure seriously and to take action to bring it down, primarily using lifestyle interventions. “It is well documented that lifestyle changes can lower blood pressure as much as pills can, and sometimes even more,” according to Dr. Fisher.

While it may be challenging to make changes, it’s not necessary to do a major life overhaul in order to make a difference in your blood pressure.

### ***Some Small Changes to Lower Blood Pressure***

Here are some simple tips for actions you can take to help get your blood pressure back into the normal range.

**Lose weight**

The most effective means of reducing elevated blood pressure is to lose weight, according to Fisher. It doesn't take major weight loss to make a difference. Research shows that losing as little as 10 pounds can lower your blood pressure.

**Read labels**

Americans eat far too much dietary sodium, up to three times the recommended total amount, which is 1,500 milligrams (mg) daily for individuals with high blood pressure, according to Fisher. Just 3/4 of a teaspoon of salt is equivalent to the recommended daily amount.

Read labels carefully to weed out high-sodium foods. The American Heart Association recommends caution in eating what it calls the "salty six," common foods that may contain high amounts of sodium — breads and rolls, cold cuts and cured meats, pizza, poultry, soup and sandwiches.

**Eat a healthy diet**

Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure significantly, according to the Mayo Clinic.

Nutrients that support healthy blood pressure Make sure you get enough of the nutrients your body needs to support healthy blood pressure.

According to an article by the Mayo Clinic, nutrients that have proven to help blood pressure include minerals, such as magnesium, calcium, potassium and folic acid. Supplements or products that increase nitric oxide or widen blood vessels (vasodilators), such as cocoa, coenzyme Q10, L-arginine or garlic, play a role in healthy blood pressure, as do omega-3 fatty acids — found in fatty fish, high-dose fish oil supplements or flaxseed, according to a Mayo Clinic article from May 12, 2018.

**Get moving**

It doesn't take much exercise to make a difference in your health. Aim for a half-hour at least five days a week. "Make sure you're doing something you love, or it won't stick," according to Fisher. "For some that means dancing; for others, biking or taking brisk walks with a friend." Even everyday activities such as gardening can help.

**Pump some iron**

Research shows that lifting weights can help you lose weight and stay fit.

**Limit alcohol to one drink per day**

A large body of evidence shows that drinking too much, too often, can increase your blood pressure, so practice moderation.

**Relieve stress with daily meditation or deep breathing sessions**

Stress hormones constrict your blood vessels and can lead to temporary spikes in blood pressure. In addition, over time, stress can trigger unhealthy habits that put your cardiovascular health at risk.

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## June ALTRUM News — Experts (Mostly) Agree on This Nutrition Information

There's a lot of conflicting information available about what you should eat. And it's unlikely experts will ever agree completely. However, there are some things that are agreed on by most experts. This issue of ALTRUM News brings you some of the nutritional concepts that are widely considered to be true.

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**Experts (Mostly) Agree on This Nutrition Information**

Do you ever feel that the number of health experts who agree on a particular nutrition recommendation is a good indicator of its validity? There is a lot of conflicting information available about what you should eat. And it's unlikely experts will ever agree completely. However, there are some things that are agreed on by most experts. This issue of ALTRUM News brings you some of the nutritional concepts that are widely considered to be true.



# ALTRUM Supplements Support Your Healthy Life

There's a lot of conflicting information available about what you should eat. And it's unlikely experts will ever agree completely. However, there are some things that are agreed on by most experts. This issue of ALTRUM News brings you some of the nutritional concepts that are widely considered to be true.



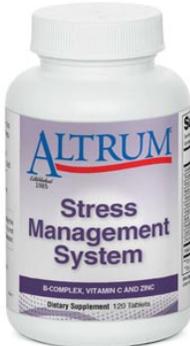
**ALTRUM Daily Garlic Support is an odorless, allicin-rich garlic supplement. Each capsule contains 500 mg of garlic extract (bulb). This high-quality, garlic extract provides the benefits of garlic without the strong odor. ALTRUM Daily Garlic Support helps maintain a healthy immune system, cardiovascular health and normal blood pressure.\***

Stock#	Unit	Dealer Price	P.C. Price
DGS01	EA (1)	13.80	14.50
DGS01	CA(6)	78.60	82.55



**ALTRUM Ultra Omega-3 supplies the body with good fats that escort artery-clogging fats out of the body.\***

Stock#	Unit	Dealer Price	P.C. Price
DUO01	EA (1) 60-count.	12.65	13.30
DUO01	CA (6) 60-count	62.75	65.90



**ALTRUM Stress Management System is loaded with B-complex vitamins, vitamin C and zinc, the nutrients most important to support your body's response to stress.\***

Stock#	Unit	Dealer Price	P.C. Price
VBO10	EA (1)	12.00	12.60
VBO10	CA(6)	68.70	72.15

B-complex vitamins, in combination with vitamin C and zinc, nutritionally support proper nervous system function. This formula

**ALTRUM**

promotes production of anti-stress hormones, immune system function and your body's absorption of the B vitamins.\*

**CoEnzyme Q-10**

The benefits of Coenzyme Q-10 (also known as CoQ- 10) are widely recognized as a standard of nutritional support for cardiovascular health. More than 30 million people worldwide use this proven cell energizer to help strengthen the heart, support the immune system, keep gums healthy and feel renewed vitality and energy.\* Recent research shows that CoQ-10 may play a role in maintaining normal blood pressure.\*



**CoEnzyme Q-10 (DEQ)**

Stock#	Unit	Dealer Price	P.C. Price
DEQ01	EA (1)	17.50	18.40
DEQ01	CA(6)	100.20	105.25

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease. Please check with your physician when using prescription medication in combination with food supplements.

*ALTRUM News brings you the most recent information on ALTRUM nutritional supplements and how nutrition helps maintain youthful vigor, health and mobility — plus much more.*



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