

***BLOOD PRESSURE***

***TOO LOW***

**1%**



# THERE ARE FIVE MAIN BLOOD PRESSURE RANGES

*(According to the American Heart Association)*

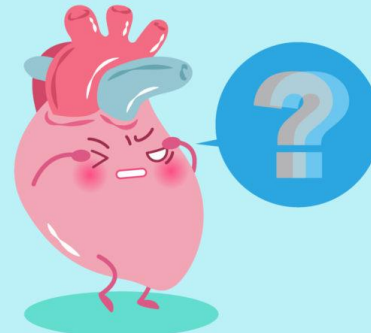




Nausea



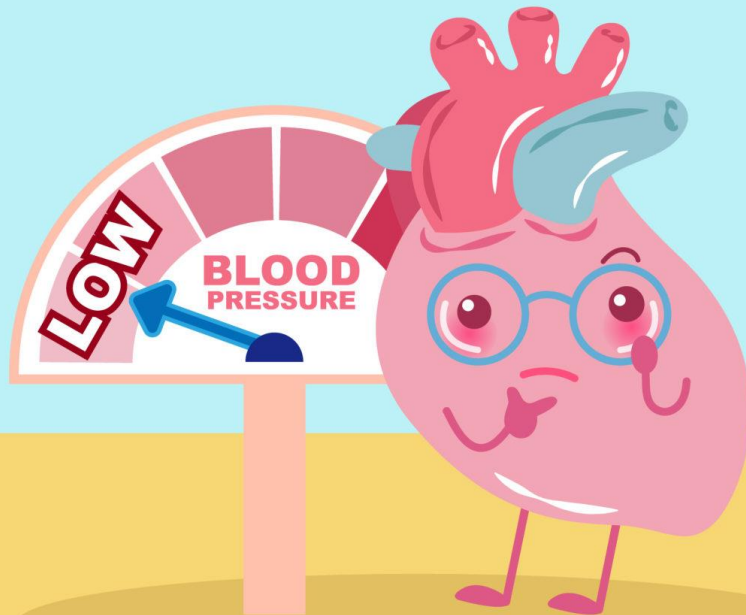
Fainting



Blurred vision



Dizziness



## LOW BLOOD PRESSURE symptoms



Lack of concentration



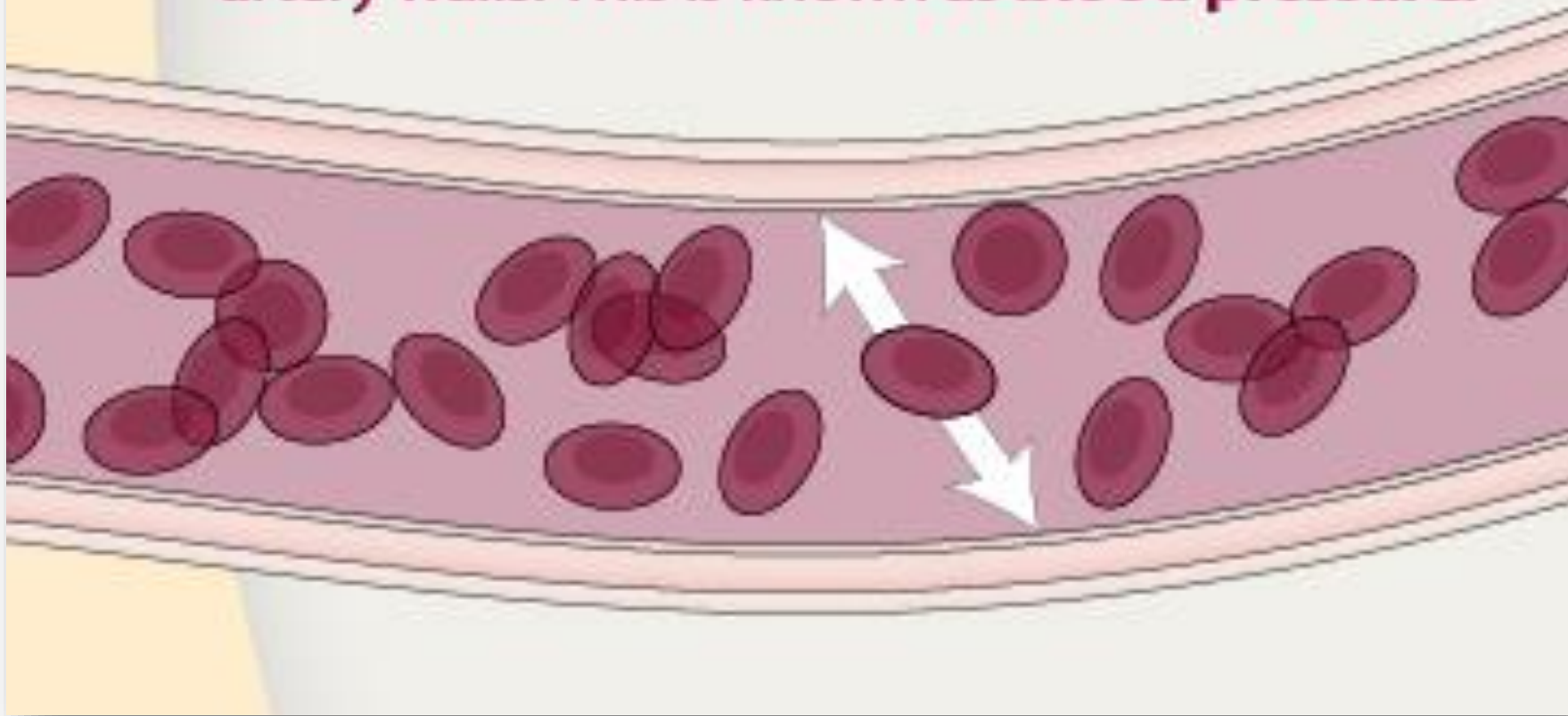
Fatigue

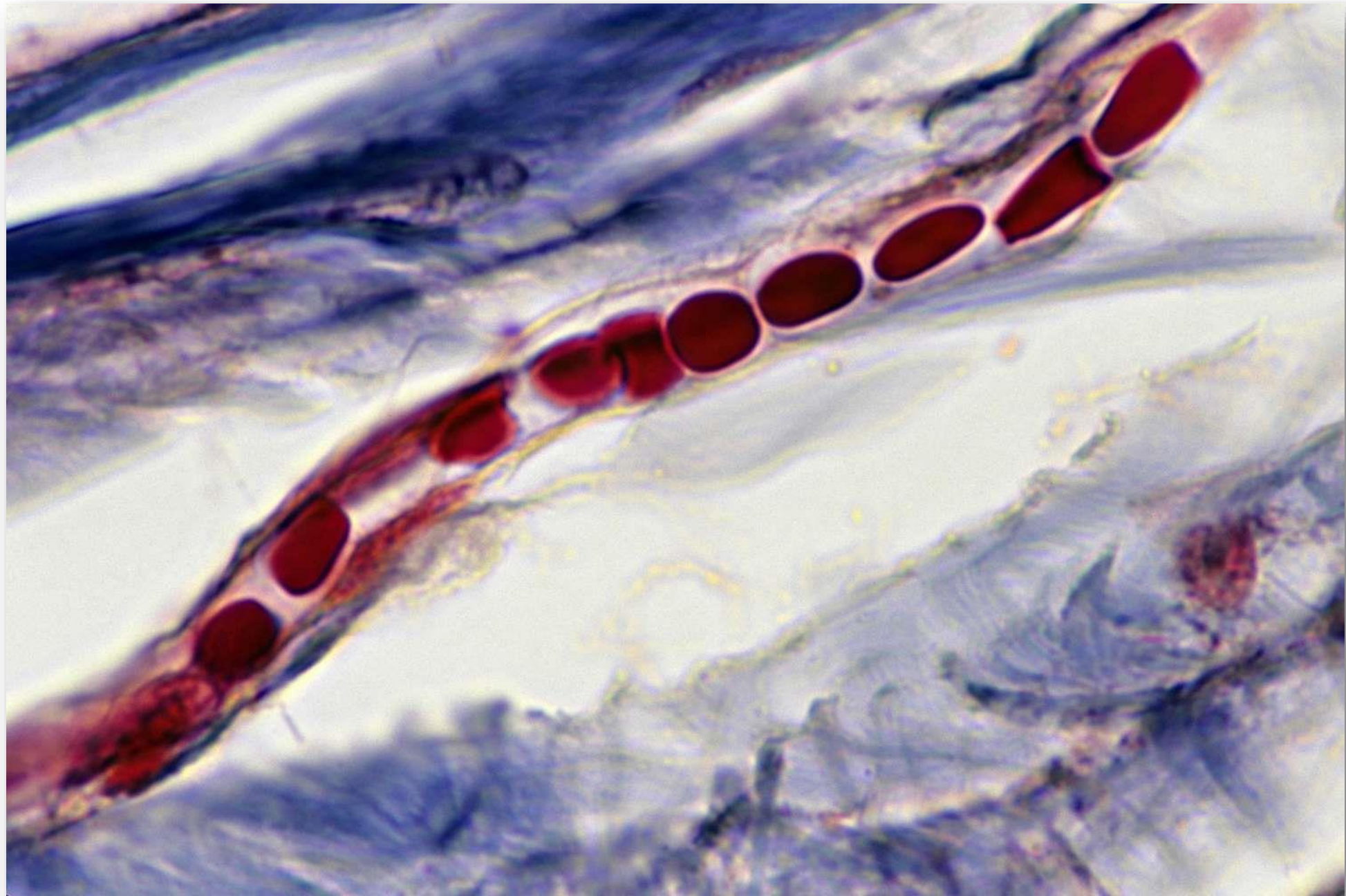


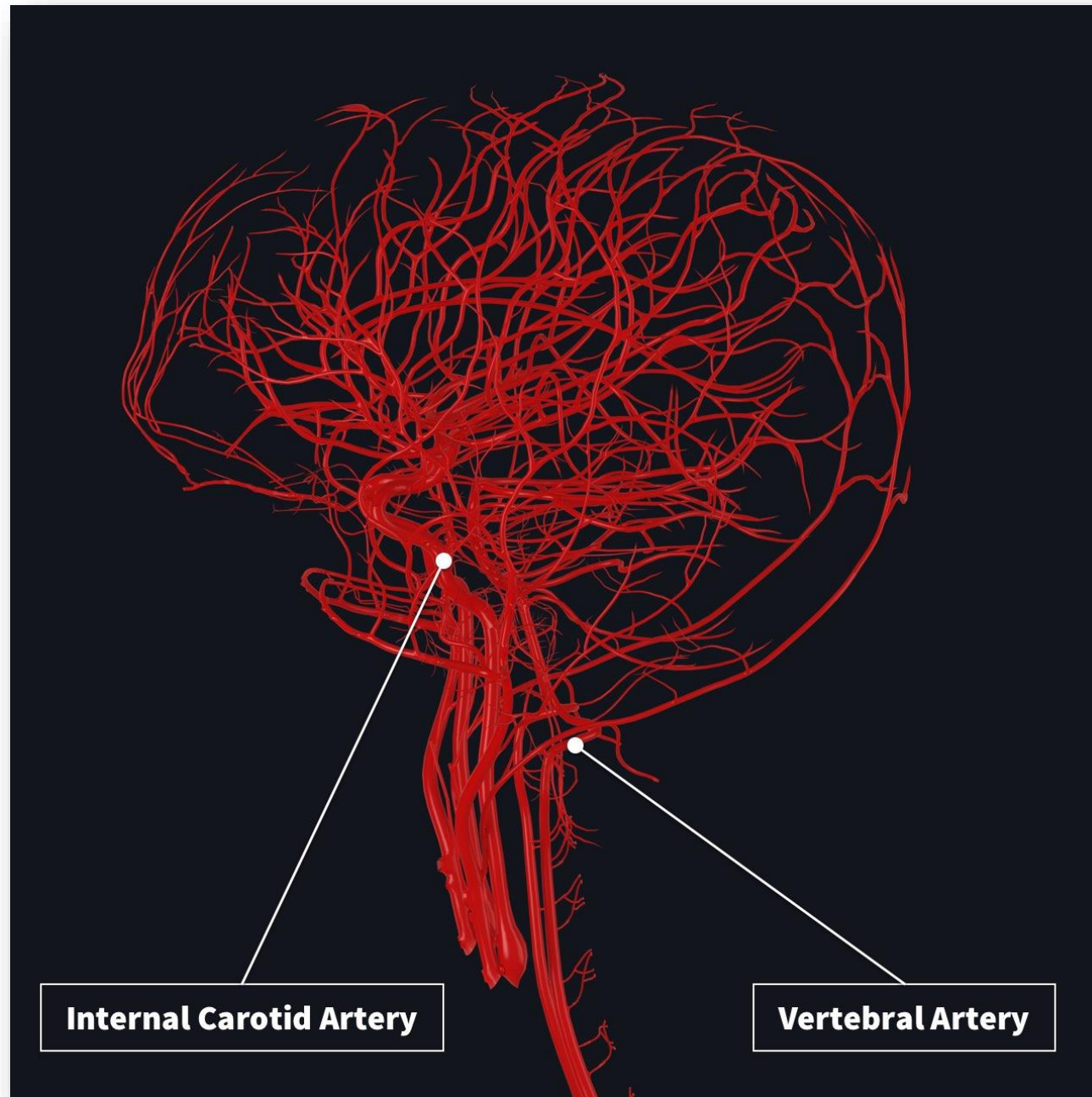
- 45 year old female
- premenopausal
- Low blood pressure
- Low glucose levels (hypoglycemia)
- Sub-optimal iron levels
- Sub-optimal thyroid function
- GI problems, gas, bloating, constipation
- Sub-optimal Vitamin D
- Sensitive to gluten
- Can't stay sleep



When the heart pumps blood through the arteries, the blood puts pressure on the artery walls. This is known as **blood pressure**.

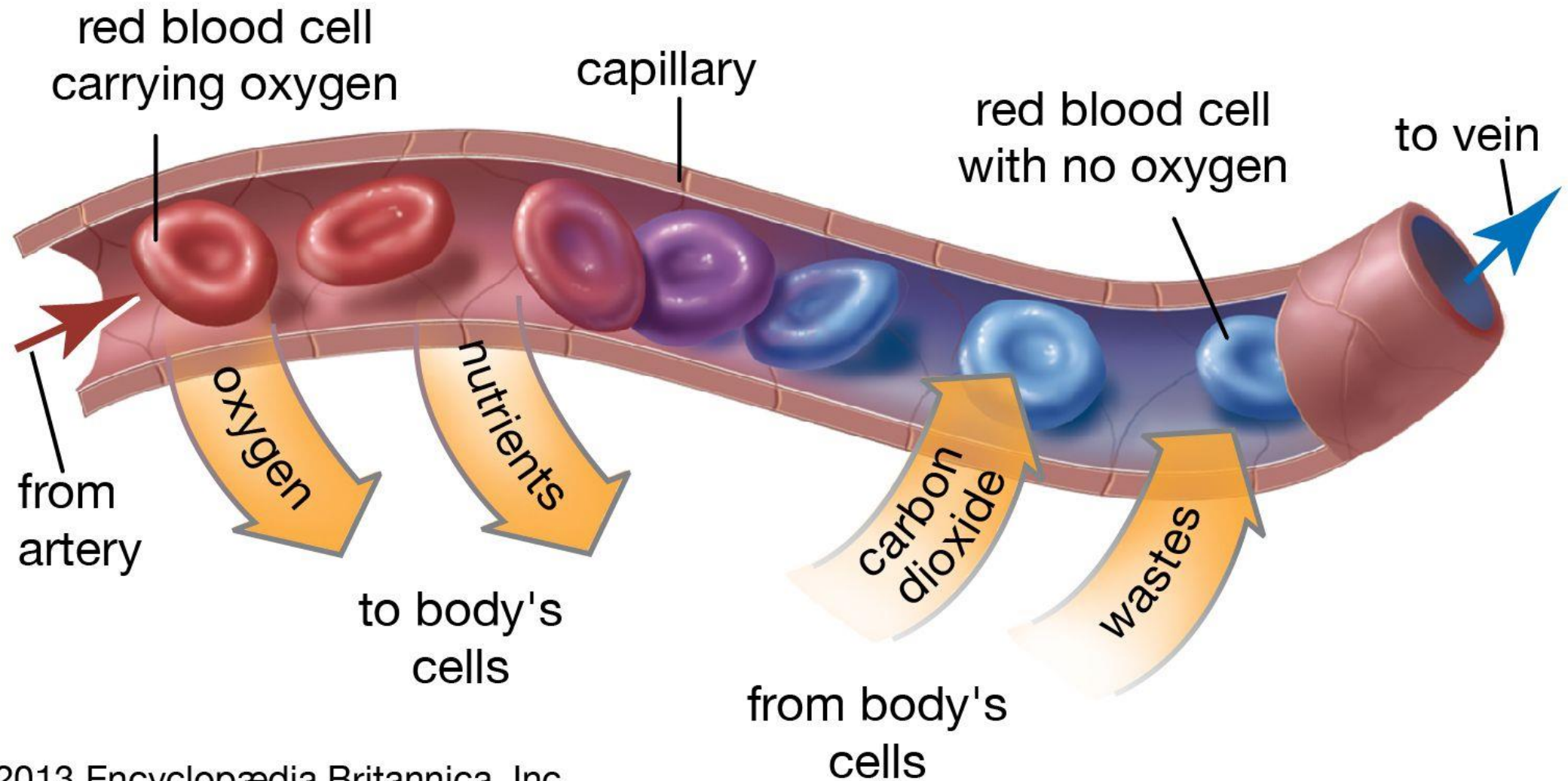






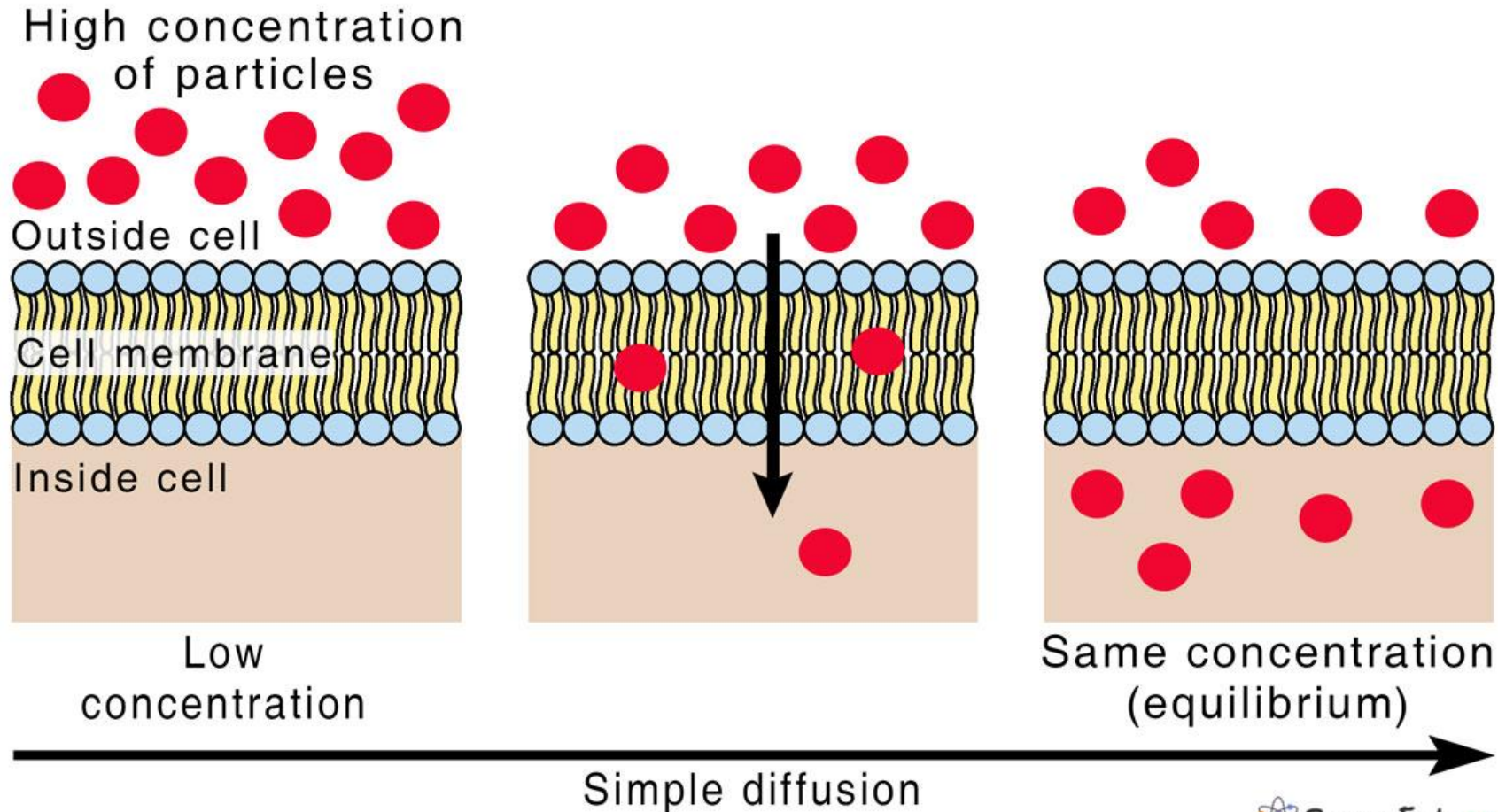
**Perfusion** is the passage of fluid through the circulatory system or lymphatic system to an organ or a tissue, usually referring to the delivery of blood to a capillary bed in tissue



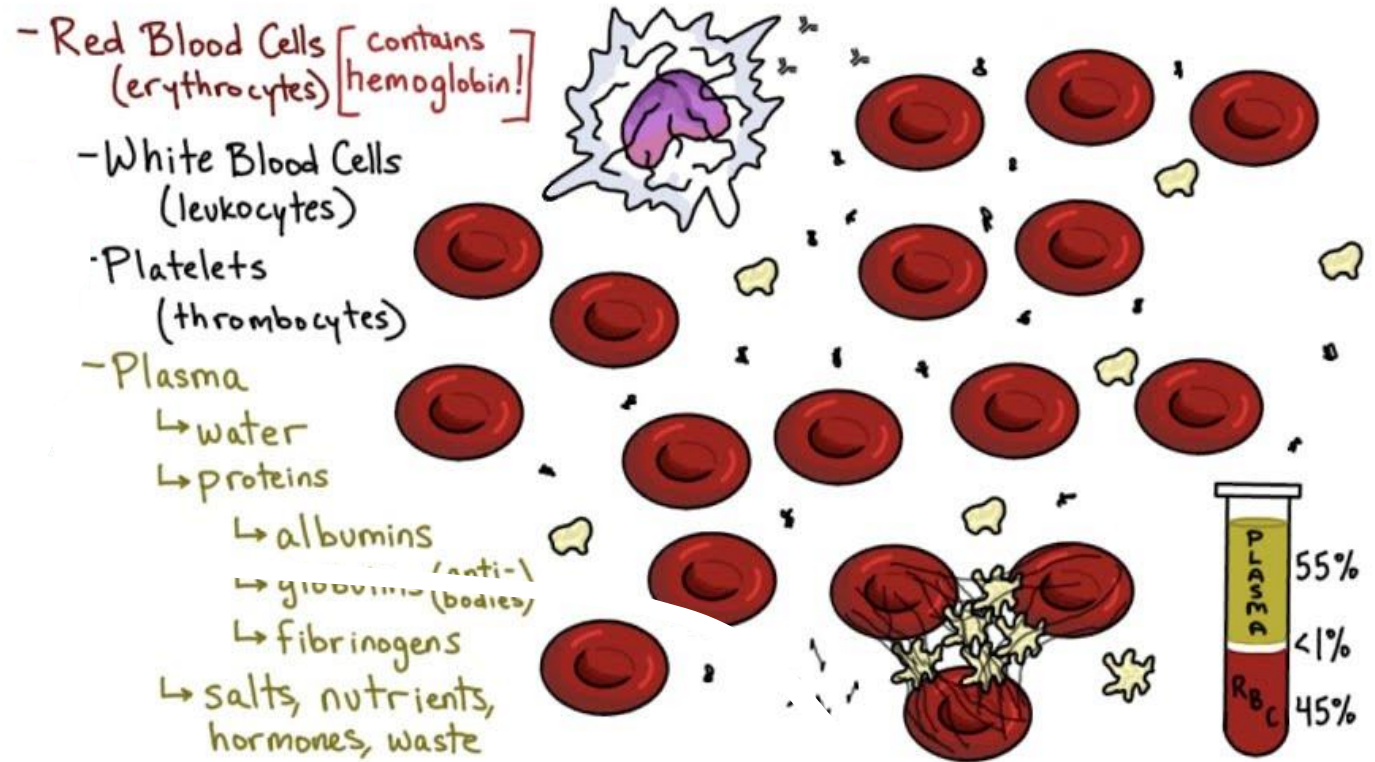


# Simple Diffusion

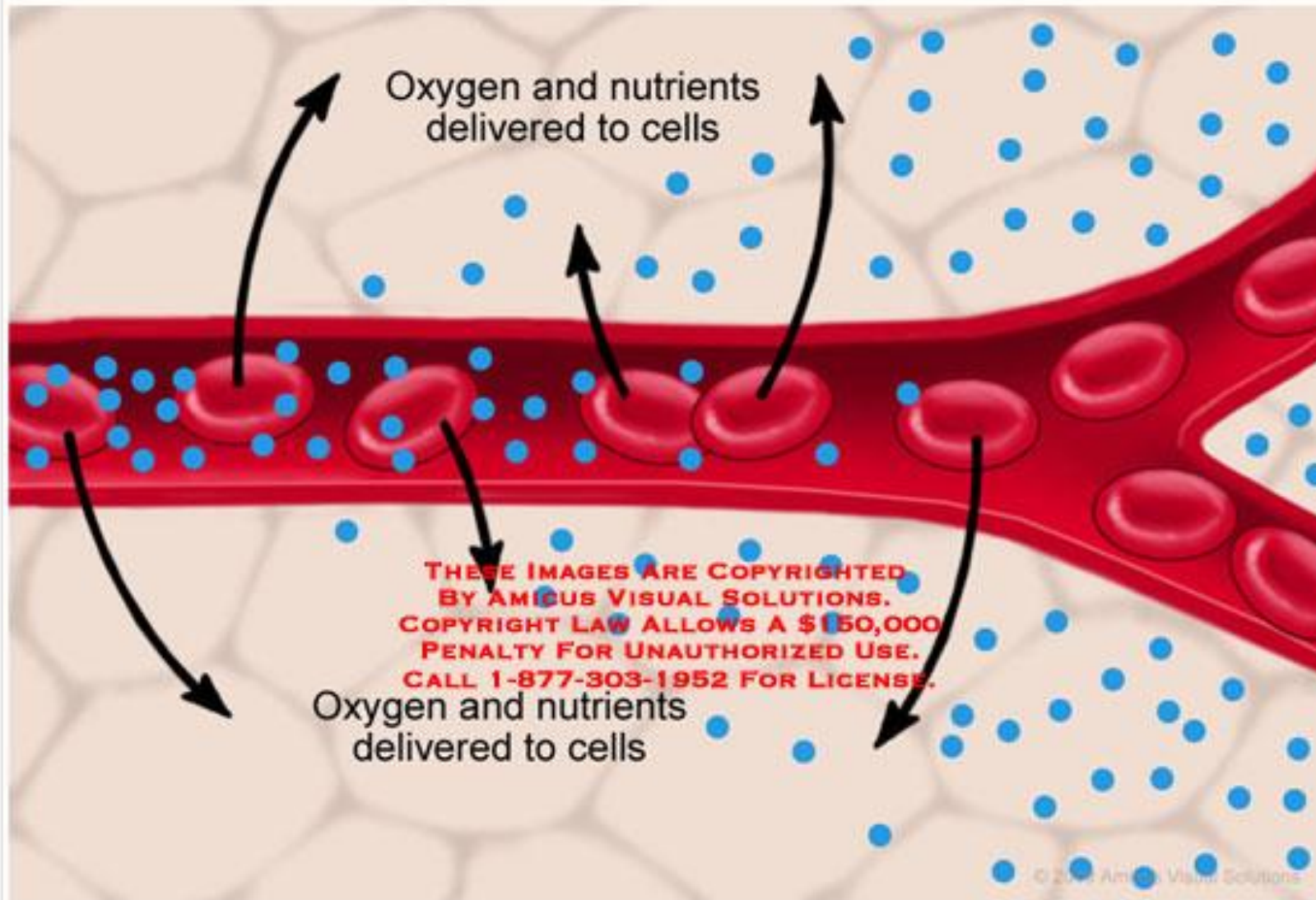
Movement of particles from high to low concentration without a protein

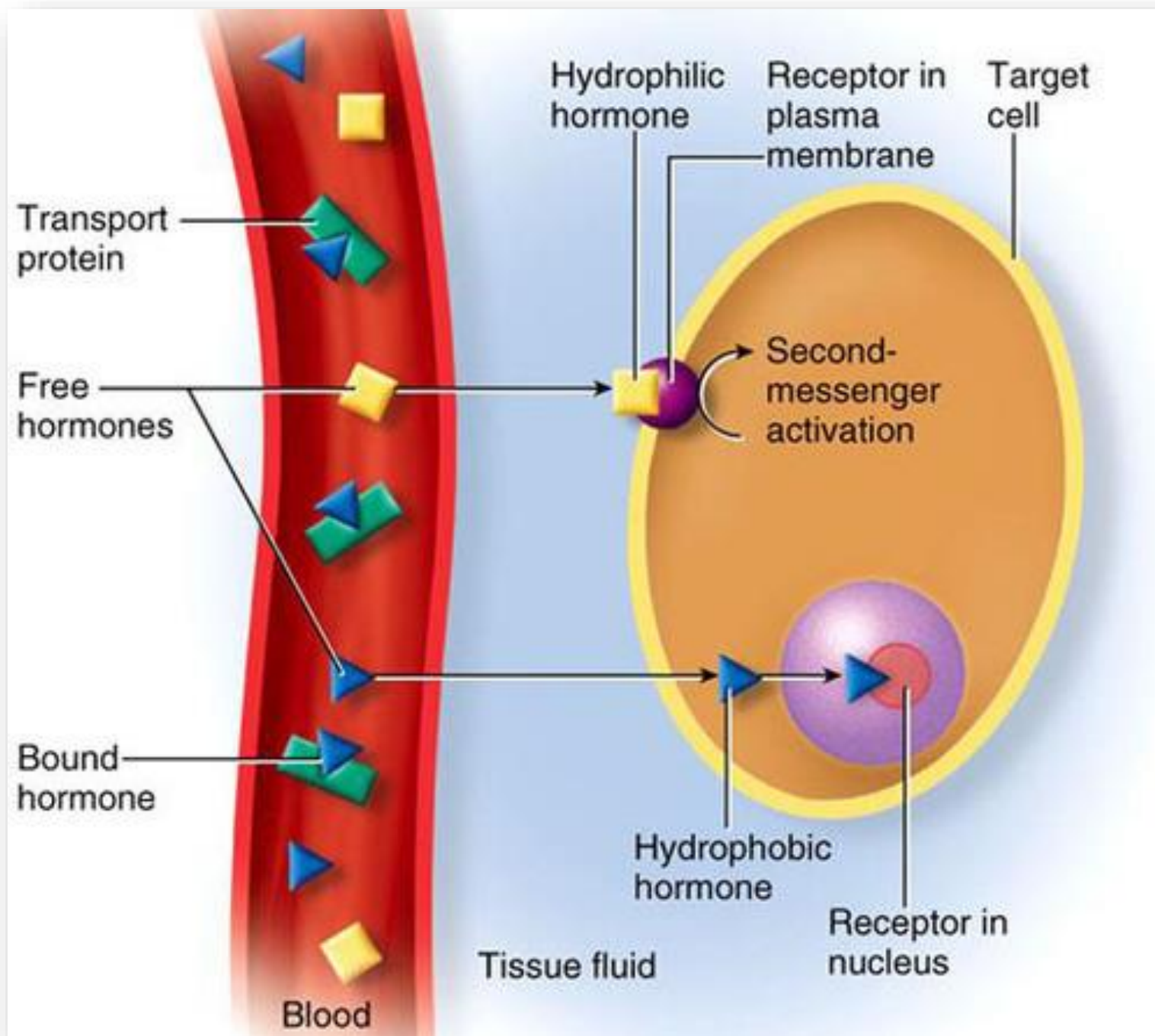


# Components of the Blood



## Capillaries Bring Oxygen and Nutrients to Cells





11-4-22

10:20

11:00

2:00

4:00

standing

94-67

95-75

107-73

84-71

sitting

101-66

98-72

105-65

92-62

11-5-22

10:00

1:00

7:00

standing  
96-70

106-84

105-75

sitting  
98-68

106-70

103-71

11-6-22

9:29

1:49

4:35

standing

88-72

98-70

99-65

sitting

98-68

104-63

91-70



11-7-22

10:40

12:15

7:40

standing

99-72

90-68

97-67

sitting

97-64

92-64

98-64

~~99-64~~

11-8-22	9:00	78-62	95-65
12:00		97-69	102-65
1:45		86-70	106-63
5:59		102-64	101-63
7:01		95-63	96-63
7:45		100-73	94-63

	standing	sitting
11-9-22	941-71	96- <del>80</del> 2
9:58	92-70	108-72
1:306	100-70	107-64
4:52	84-59	99-62
7:22		

11-10-22

9:22

12:25

3:35

6:46

94-68

98-76

101-64

97-69

97-72

99-67

98-62

100-65

11-11-22

1:32

5:45

6:07

9:50

94-73

106-66

94-68

91-72

106-68

110-69

105-64

98-64

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solution

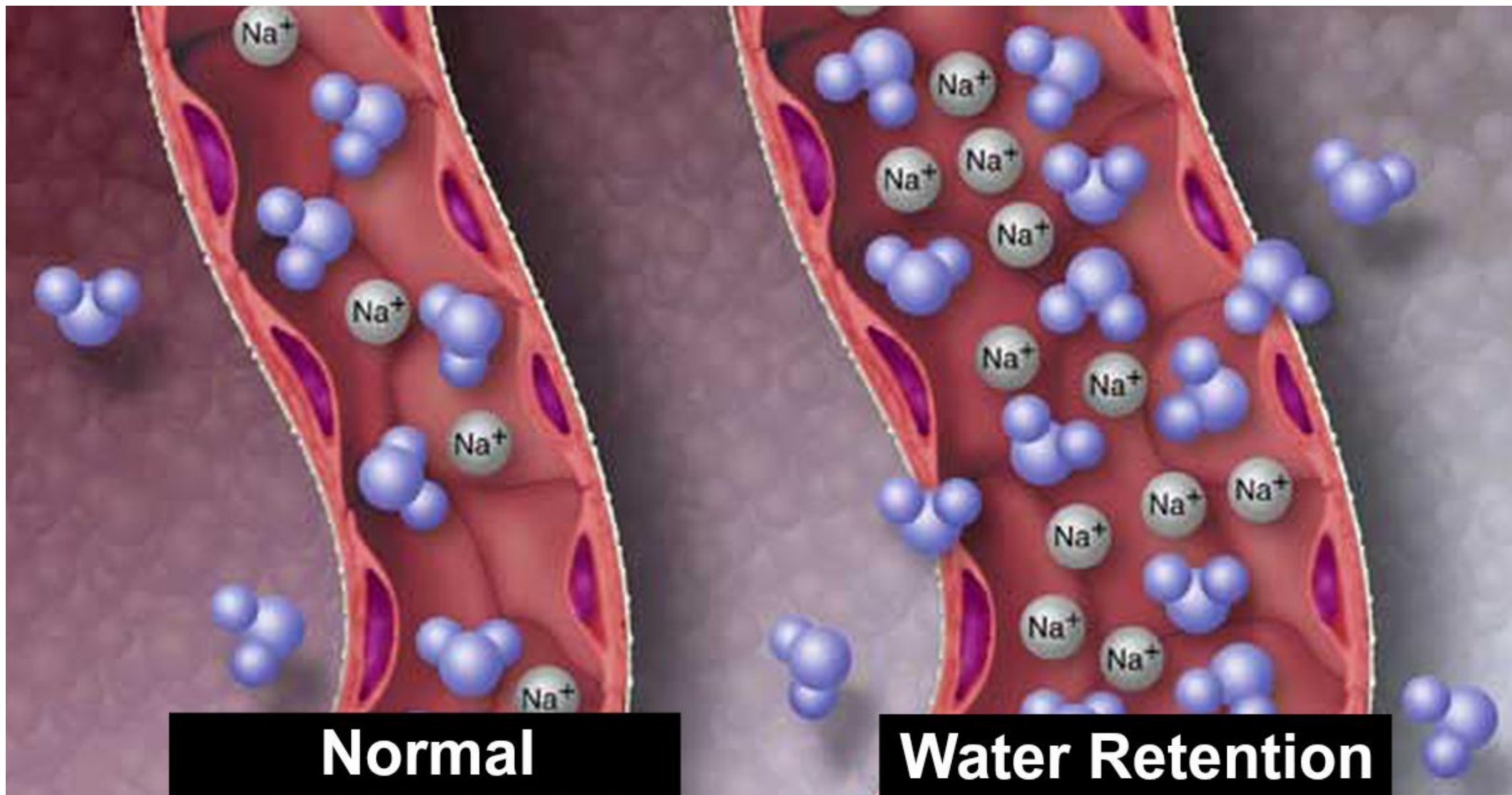


# 20 HEALTH BENEFITS OF PINK HIMALAYAN SALT

FitLife.tv



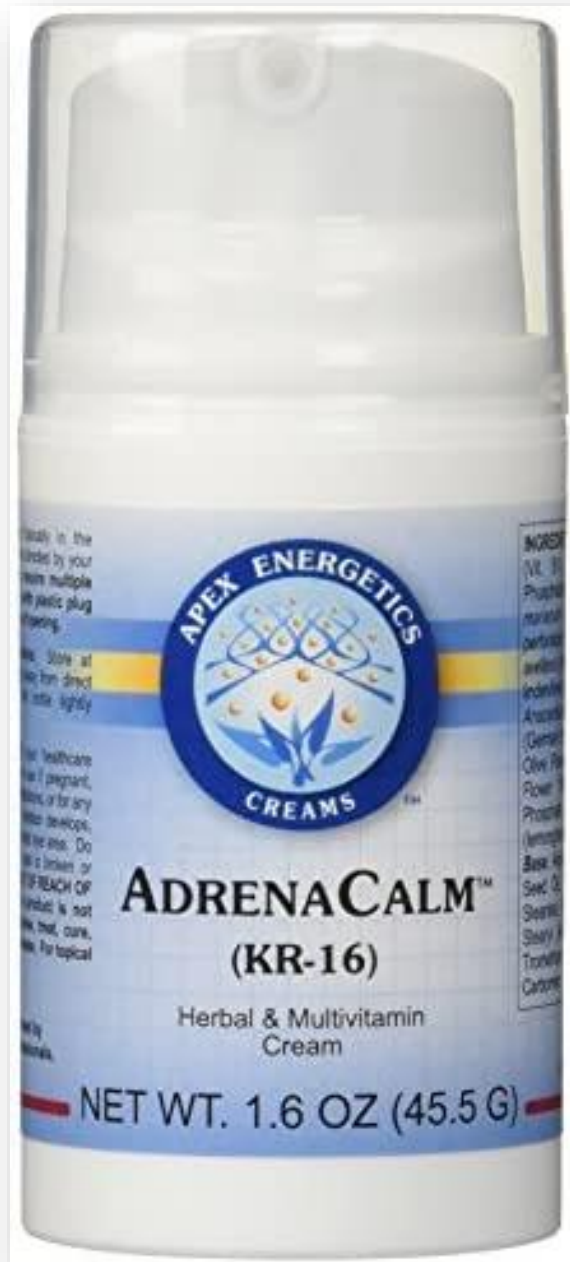
- 1 CONTAINS 80+ MINERALS AND ELEMENTS
- 2 HELPS CONTROL WATER LEVELS IN THE BODY
- 3 HELPS BALANCE ELECTROLYTES
- 4 PROMOTES STABLE PH LEVELS
- 5 BOOSTS BRAIN HEALTH
- 6 HELPS REGULATE BLOOD SUGAR
- 7 ANTIAGING
- 8 BOOSTS ENERGY
- 9 PROMOTES INCREASED ABSORPTION OF NUTRIENTS
- 10 AIDS VASCULAR HEALTH
- 11 SUPPORTS RESPIRATORY FUNCTION
- 12 REDUCES RISK OF SINUS PROBLEMS
- 13 REDUCES CRAMPING
- 14 PROMOTES HEALTHY BONES
- 15 PROMOTES HEALTHY SLEEP
- 16 SUPPORTS LIBIDO
- 17 BOOSTS CIRCULATION
- 18 PROMOTES KIDNEY AND GALL BLADDER HEALTH
- 19 INCREASES HYDRATION
- 20 AIDS METABOLISM



# **DYSAUTONOMIA**

**WEIRD**  
**NEUROLOGICAL**  
**PROBLEMS?**





## Ingredients

Tyrosine, *Glycyrrhiza glabra* (licorice) Root Extract, Phosphatidylserine, *Eleutherococcus senticosus* (Siberian ginseng), *Avena sativa* (oat), Adenosine Triphosphate (ATP), *Arnica montana*, *Medicago sativa* (alfalfa), *Matricaria recutita* (German chamomile), *Ribes nigrum* (black currant), *Betula pubescens* (white birch), *Quercus robur* (English oak), *Sequoia giganteum*, Holly Flower Water, Impatiens Flower Water, Clematis Flower Water, Oak Flower Water, Olive Flower Water, Elm Flower Water, Hornbeam Flower Water, Vervain Flower Water, *Nigella sativa* (black seed) Oil, Essential Oil Blend (lemongrass, orange, lavender, pine). **Cream Base:** Aqua (deionized water), *Helianthus annuus* (sunflower) Seed Oil, Alcohol, Glycerin, Citrus Fruit Extract, Glyceryl Stearate, Polyethylene Glycol, Stearic Acid, Cetyl Alcohol, Stearyl Alcohol, *Sesamum indicum* (sesame) Seed Oil, Tromethamine, Polysorbate 80, Sorbic Acid, Salicylic Acid, Carbomer.