

BP MYTHS DEBUNKED

What Most People Get Wrong About Blood Pressure (and What's Actually True)

★ INTRODUCTION

Blood pressure can feel confusing — and for years, many people have been told information that simply isn't accurate. These myths create fear, frustration, and a sense of helplessness.

Let's break down the most common myths so you can understand what's really going on with your numbers — with clarity, confidence, and truth.

MYTH #1: “If I feel fine, my blood pressure must be fine.”

Truth:

High blood pressure is called “**the silent killer**” for a reason.

Most people feel **no symptoms at all** — even when their numbers are dangerously high.

You don't have to feel bad for your BP to be high.

And you don't have to feel sick to start making changes that protect your heart.

MYTH #2: “I'm on medication, so I don't need to change anything.”

Truth:

Medication helps — but it doesn't solve everything.

Lifestyle, stress, sleep, salt, hydration, daily routines, and emotional patterns all impact your BP.

Medications manage numbers, but habits and awareness create long-term control.

The best outcomes happen when lifestyle + medication work together.

MYTH #3: “If my numbers go up and down, something is wrong with me.”

Truth:

Blood pressure naturally fluctuates throughout the day — sometimes by 15–30 points.

It changes based on:

- Stress
- Sleep
- Hydration
- Hormones
- Meals
- Activity
- Emotions
- Even conversations

The goal is **not perfect numbers**. The goal is a **healthier overall pattern over time**.

MYTH #4: “If my BP is high today, I’m failing.”

Truth:

One high reading does NOT mean you’re failing.

BP is influenced by your entire lived experience — the night before, stress levels, temperature, pain, anxiety, and more.

A single reading is a moment.

A pattern is what matters.

Your worth is not measured by your numbers.

MYTH #5: “Only older people get high blood pressure.”

Truth:

High BP affects adults of all ages — including people in their 20s, 30s, and 40s.

Stressful jobs, poor sleep, high sodium foods, low movement, genetics, and chronic tension affect younger adults more than ever.

You are not “too young” to take your BP seriously — and you are not alone.

MYTH #6: “Sodium only comes from table salt.”

Truth:

Only 10% of sodium in the American diet comes from the salt shaker.

The rest comes from **packaged, processed, restaurant, and takeout foods.**

This is why you can “eat pretty healthy” but still consume 2,000+ mg of sodium per day without realizing it.

Awareness = empowerment.

MYTH #7: “If I just lose weight, my BP will fix itself.”

Truth:

Weight alone is *not* the whole story.

Stress, inflammation, hormones, genetics, sleep, and sodium intake all significantly impact blood pressure — sometimes more than weight.

You don’t have to wait until you “fix everything” to improve your BP.

Every small habit matters.

MYTH #8: “If my family has high BP, there’s nothing I can do.”

Truth:

Genetics play a role — but your daily habits, environment, and stress patterns influence your numbers even more.

You are not doomed by family history.

Your choices and understanding create real change.

SO WHAT SHOULD YOU DO NEXT?

Here are 3 simple steps you can start today:

✓ Check your BP at the same time daily

Consistency gives more accurate patterns.

✓ Reduce hidden sodium

Start by checking one label a day — awareness shifts habits.

✓ Add 5 minutes of movement after one meal

A small routine with *big* impact on stress, circulation, and BP stability.

A NOTE FROM DR. VANESSA LEE

You deserve clear, supportive, simple guidance — not fear or confusion.
My goal is to help you understand your health in a way that feels empowering and doable.

This is just the beginning.

If you're on the waitlist for Naturally You: 28 Days to Sustainable BP Control, stay tuned — more tools, tips, and early access updates are coming your way!