

SUPPORT FOR HEALTHY BLOOD PRESSURE & CARDIOVASCULAR FUNCTION

HT WELLNESS EDUCATIONAL SERIES

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Blood pressure regulation is influenced by vascular tone, inflammation, mineral balance, stress response, and metabolic stability.

Supportive Lifestyle Practices

Consistent Movement: Regular physical activity supports vascular flexibility and circulation.

Stress Regulation: Nervous system balance helps regulate vascular tone and cardiovascular response.

Sleep Quality: Restorative sleep supports hormonal and metabolic balance.

Alcohol & Smoking Awareness: Reducing alcohol intake and avoiding smoking supports cardiovascular resilience.

Whole Food Nutritional Support

Magnesium-rich foods, Nitric oxide support foods, Omega-3 foods, Blood sugar stability.

Sustainable changes in daily habits protect long-term cardiovascular health.

Small, consistent lifestyle and nutritional choices create long-term impact.

Supplement Brands Mentioned

Standard Process

- Antronex
- Olprima EPA/DHA

MediHerb

- Hawthorne Complex
- Garlic Forte

Premier Research Labs

- BP Complex

Fullscript

- Terry Naturally Blood Pressure Health