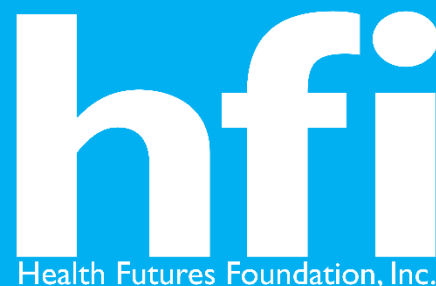


POSSIBLE HYPERTENSION

Supportive Management

- Control high blood pressure.
 - Maintain a healthy weight. Calculate body mass index (BMI) and see if it's within normal range (18.5 to 24.99). If BMI is greater than 24.99, take steps to reduce weight. Lose weight gradually, around 0.5 – 1 kg per week. (Note: BMI can be calculated using the formula: kg/meter^2)
 - Have a healthy diet.
 - Include in diet whole grains, vegetables, fruits, lean meats, and low-fat dairy products.
 - Reduce salt/sodium intake to **less than 1,500 mg/day or less** (Note: 1 level teaspoon of salt has 2,300 mg of sodium)
 - Read food labels and choose food and beverages with less sodium. Choose food stuff labeled with “low sodium”, “no salt added”, or “sodium-free”.
 - Avoid eating processed food (e.g. canned goods, bacon, microwaveable meals, and other packaged or instant food)
 - Avoid eating fast food meals.
 - Avoid using salt in giving flavor to home-cooked meals. Alternatively, use vinegar, calamansi, and other herbs and spices to give flavor to food.
 - Limit intake of alcohol. (Note: 1 drink is equivalent to 12 ounces of beer or 5 ounces of wine)
 - If male: do not have more than 2 alcoholic drinks per day
 - If female: do not have more than 1 alcoholic drink per day
 - Limit intake of caffeine.
 - Exercise regularly.
 - Do exercises at least 30 minutes a day. Even brisk walking is a good exercise. Do brisk walking at least 30 minutes a day and 5 times a week.
 - Do physical activities that you enjoy (e.g. swimming, badminton, basketball, cycling, jogging). Make exercises a pleasant experience by tagging along friends and family.
 - Manage stress levels.
 - Have plenty of rest. Sleep for 7-8 hours every night in a dark room, as melatonin – a powerful anti-oxidant that promotes healing through boosting the immune function – are found to be produced in higher amounts when sleeping in darkness. If sleeping in a dark room is not possible, wear an eye patch instead.
 - Take breaks from stressful situations.
 - Learn to say no. Acknowledge own limits.
 - Take breaks. Have rest periods from stressful situations.
 - Schedule time for hobbies and other enjoyable recreational activities.
 - Spend time with loved ones.



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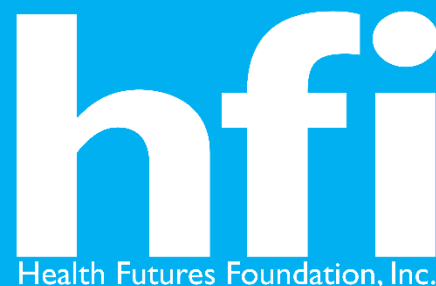
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Supportive Management

- Let go of grudges. Learn to forgive.
- Express gratitude.
- Perform relaxation exercises
 - **Perform deep-breathing exercises.**
 - Find a quiet and comfortable place where you can be alone with yourself.
 - Sit upright in bed or chair, and find a comfortable position.
 - Place one or both hands over the abdomen, just below the ribs.
 - Deeply breathe in through the nose, while keeping mouth closed. Breathe in for a count of four.
 - Feel the abdomen rise with each inhalation, and as far as possible.
 - Through a pursed-lip, breathe out. Breathe out for a count of seven.
 - Feel the abdomen sink with each exhalation.
 - Perform deep-breathing exercises for 5-10 minutes at a time, and as many times each day.
 - **Engage in music therapy.**
 - Choose a soothing, therapeutic song. Research findings indicate that music with slower tempo (60 beats/minute) induces a calming, relaxing effect. Sounds of nature (drops of rain, flowing waterfalls) are also relaxing. But the best relaxation music ultimately depends on each person's preference – whichever music one finds relaxing (albeit upbeat or moderately loud) – may be used for music therapy.
 - Relax before and during the music therapy by performing deep breathing exercises (see instructions above).
 - Listen actively to the music. Feel the music. Focus your mind on the music, get lost in it – listen to every beat and every silence in between. Let the music's mood influence yours.
 - **Engage in meditation.**
 - Meditation is a calming activity which restores inner peace. It brings the body into a deep state of relaxation and produces a peaceful mind. It enables one to redirect the mind away from thoughts that bring stress, anxiety, or tension.
 - Walking meditation – https://www.youtube.com/watch?v=7t70V_bnds
 - Qi Gong – <https://www.youtube.com/watch?v=Ac08kMK-dyl>
 - Yoga – <https://www.youtube.com/watch?v=v7AYKMP6rOE>
 - Guided Imagery – https://www.youtube.com/watch?v=gU_ABFUAVAs



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DIABETES MELLITUS

Supportive Management

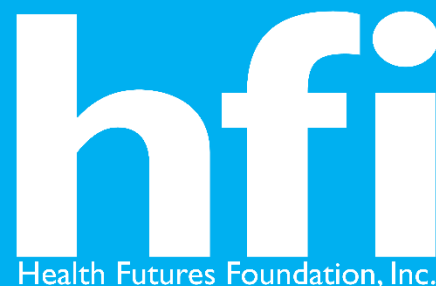
- Take hypertensive medications as prescribed (if physician had already prescribed).
- Monitor blood pressure at home, if possible.
 - If age is 60 or older: aim to have blood pressure **less than 150/90 mmHg.**
 - If age is 30-59: aim to have blood pressure **less than 140/90 mmHg.**
- Quit smoking.
- Follow-up with physician regularly.

Herbal Medicine

(***Important:** Use of medicinal plants should not replace standard hypertension treatment. Before starting herbal therapy, speak with doctor first regarding plans to include it in hypertension management..)

- **Bawang (Garlic)**
 - For lowering blood pressure
 - Take two medium-sized cloves of garlic, and roast or heat them. Eat two cloves with meals 2-3 times per day.
 - Avoid prolonged use for those with peptic ulcer. Do not take garlic on an empty stomach.
- **Kintsay (Celery)**
 - For lowering blood pressure
 - Eat 1-2 fresh leaves regularly.
- **Coconut Oil**
 - For lowering bad cholesterol in the blood
 - Take 3 ½ tablespoons of coconut oil daily, taken in divided doses.
- **Diet Filled with Fresh Fruits, Vegetables, Nuts, and Whole Grains**
 - To prevent further hardening and narrowing of arteries
 - Include high-fiber food in the diet. Fruits rich in fiber include avocados, guavas, kiwi, bananas, apples, berries, oranges, papaya, mangoes, pineapples, and grapes. For vegetables, choose especially the dark, leafy ones. Whole grains include oats, brown rice, and whole wheat bread.

Consult doctor for blurring of vision!



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