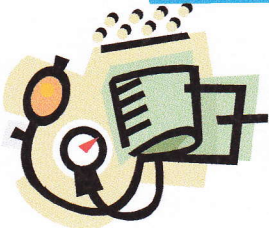


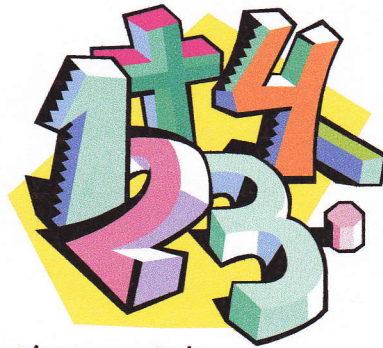
BACK DOOR READING FROM YOUR HEALTH MINISTRIES



Did you just hear something?
No one hears the silent killer (high blood pressure) coming, but there are ways to disarm him!



- Know your numbers!
- Blood pressure
 - Cholesterol
 - Lipid ratio
 - Weight
 - Body mass index
 - Fasting blood sugar

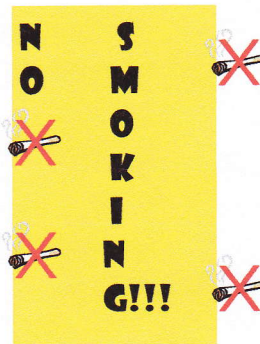


Watch your weight



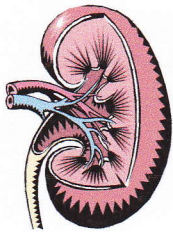
Exercise!

Watch your salt.

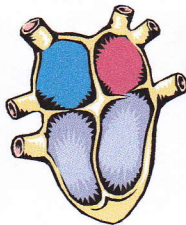


The silent killer is treatable, BUT if not treated, he can damage your:

Control stress



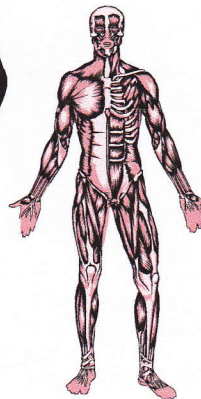
Kidneys



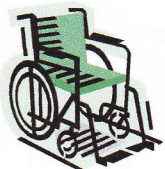
Heart



Brain



Check your blood Pressure regularly and often



And EVERYTHING!!!!!!

See a provider for a top number that stays over 140 or a bottom number that stays over 90