



# Blood Pressure Protocol

Minimum, Month Before	A Few Days Before
<ul style="list-style-type: none"> <li><input type="checkbox"/> Drink 8 ounces of beet juice DAILY</li> <li><input type="checkbox"/> Increase your fiber intake. Can try adding a product like Metamucil</li> <li><input type="checkbox"/> Add more movement where you can. Just walking more can make a huge difference</li> <li><input type="checkbox"/> Recommend taking a break from news, current events, social media, or anything that can provide unneeded stress to your life</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Schedule test coming off your 34-hour reset so that you are coming off a good sleep</li> <li><input type="checkbox"/> Schedule test in the afternoon as your blood pressure will usually be higher in the morning</li> <li><input type="checkbox"/> No alcohol minimum 48 hours prior to testing</li> <li><input type="checkbox"/> No caffeine minimum 48 hours prior to testing. Yes, that means NO coffee the morning of test</li> <li><input type="checkbox"/> Avoid anything that adds stress to your life. The news, current events, social media, etc.</li> </ul>
The Day of	Other Health Improvements
<ul style="list-style-type: none"> <li><input type="checkbox"/> Go for a brisk walk or something to get everything moving (blood flowing)</li> <li><input type="checkbox"/> 2 hours or so before test drink 20 ounces of beet juice</li> <li><input type="checkbox"/> 1 hour before eat a banana</li> <li><input type="checkbox"/> 1 hour before drink enough water to where you know you are hydrated</li> <li><input type="checkbox"/> Pee for the drug test before having blood pressure checked</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Workouts</li> <li><input type="checkbox"/> Healthy Snacks</li> <li><input type="checkbox"/> Eating on the road</li> <li><input type="checkbox"/> Things to do while driving</li> </ul>

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- **DISCLAIMER:** This is only what has worked for some of my friends and coworkers and in no way is this health advice. You should always talk with your healthcare providers before making any major changes to your diet, physical fitness, or healthcare decisions.