

David Fennell

THE BLOOD PRESSURE RESET PROTOCOL™



Motivated Everyday

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Natural Strategies to Support Healthy Blood Pressure & Reclaim Your Life

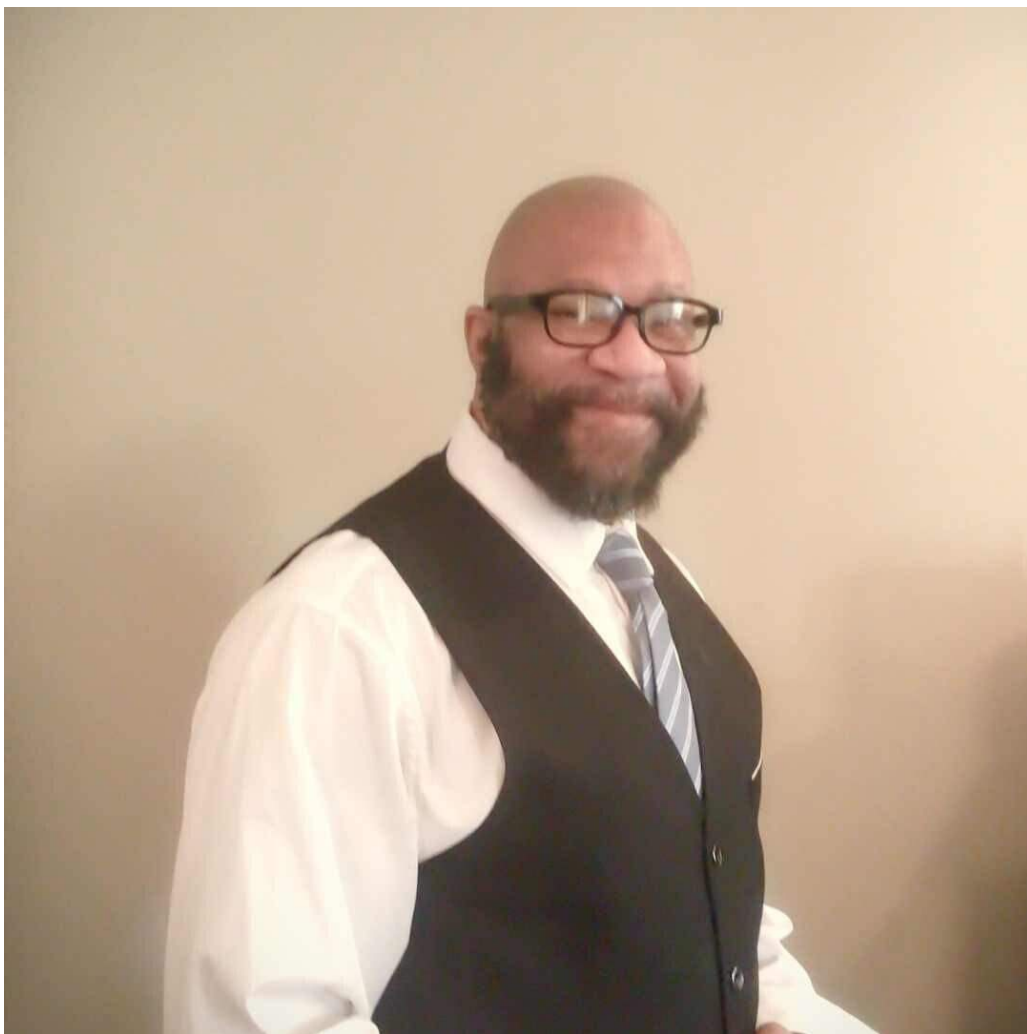
A Motivated Everyday™ Guide

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Premium Motivation Premium Lifestyle™

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ALIGNMENT IS THE KEY. MOTIVATION IS THE MOTION.

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YOUR TRANSFORMATION STARTS NOW

You picked up this guide because something inside you said, "There has to be another way." You were right. There is. And it starts right here, right now.

Listen to me: Right now, in this very moment, you stand at a crossroads. One path leads to the same patterns, the same fears, the same numbers on that blood pressure monitor that steal your peace and threaten your future. The other path? That's the path of transformation. That's the path I walked when I went from stroke-level blood pressure of 220/119 to a healthy 117/67. And today, I'm going to show you exactly how you can walk that same path.

This isn't just about lowering numbers on a screen. This is about reclaiming your power. This is about taking back control of your health, your energy, and your destiny. This is about refusing to be a statistic in a system that says one in three adults has high blood pressure, and a third of them don't even know it.

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IMPORTANT MEDICAL DISCLAIMER

PLEASE READ CAREFULLY:

This guide provides educational information about natural approaches to supporting cardiovascular health. It is NOT medical advice and is not intended to diagnose, treat, cure, or prevent any disease.

CRITICAL SAFETY INFORMATION:

NEVER stop taking prescribed blood pressure medication without consulting your healthcare provider.

Always consult your physician before starting any herbs, supplements, or significant lifestyle changes

Herbs and supplements can interact with medications—your doctor needs to know everything you're taking

Monitor your blood pressure regularly and report any changes to your healthcare provider

If you experience chest pain, severe headache, vision changes, or difficulty breathing, seek emergency medical attention immediately

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This guide is designed to work WITH your medical team, not replace them. Your physician is your partner in this journey. Share this information with them.

THE TRUTH ABOUT HIGH BLOOD PRESSURE: WHY THIS MATTERS

Let me paint you a picture of what's really at stake here, because knowledge is power, and you need to understand what you're fighting for.

High blood pressure known as hypertension is called "the silent killer" for a reason. It quietly damages your body, often without symptoms, until suddenly everything changes in a moment you can't take back.

The Stakes Are Real

When your blood pressure stays elevated, here's what's happening inside your body:

Your Heart Is Under Siege

Every beat becomes harder work. Your heart muscle thickens, trying to keep up with the demand, but eventually it weakens. Heart failure, heart attack, sudden cardiac death. These aren't scare tactics. These are real consequences of uncontrolled hypertension.

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Your Brain Is at Risk

Those blood vessels in your brain? They're delicate. High pressure can cause them to burst (hemorrhagic stroke) or get blocked (ischemic stroke). Memory loss, cognitive decline, vascular dementia. Your mind is precious, and hypertension threatens it.

Your Kidneys Are Drowning

Your kidneys filter your blood through tiny, delicate vessels. High pressure damages them irreversibly. Kidney disease, kidney failure, dialysis. This is the progression when blood pressure goes unchecked.

Your Eyes Can't Escape

The blood vessels in your retina are some of the smallest in your body. High pressure damages them, leading to vision problems and even blindness. Your ability to see the faces you love is on the line.

Your Arteries Are Hardening

Hypertension accelerates atherosclerosis. Your arteries become stiff, narrow, and blocked. This means poor circulation, peripheral artery disease, and increased risk of blood clots that can travel anywhere in your body.

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Your Sexual Health Suffers

Reduced blood flow affects sexual function in both men and women. This isn't just physical—it affects intimacy, relationships, and quality of life.

The Statistics That Should Wake You Up

1 in 3 American adults has high blood pressure—that's nearly 120 million people

About one-third don't even know they have it because there are often no symptoms

High blood pressure contributes to more than 500,000 deaths every year in the United States

It's a primary or contributing cause in 1 out of every 6 deaths in America

But here's what the statistics don't tell you: You don't have to be one of them.

I was staring down those same statistics when I walked into that emergency room with 220/119 blood pressure. Stroke-level. Life-threatening. The kind of numbers that make doctors' eyes go wide and nurses move fast. Fortunately, the medication lowered my blood pressure from stroke level to Stage 2 Hypertension.

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But I made a decision that day. I decided I wasn't going to be a statistic. I decided I was going to take control. And that decision changed everything.

MY JOURNEY: FROM 220/119 TO 117/67

Let me be real with you for a moment. That day in the emergency room, I was scared. As an herbologist, I thought I knew my body. I thought I was in control. But when they told me my blood pressure was 220/119, I realized I had been living in unintentional denial.

Stroke-level blood pressure. That's what they called it. The kind of numbers where they start asking who to call, where every minute matters, where your whole life flashes before your eyes and you wonder if you'll get to see tomorrow.

But in that moment of fear, something else happened. Something shifted inside me. I made a decision. Not just to survive, but to transform. Not just to get by, but to reclaim my power and my health.

The Decision That Changed Everything

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I decided I was going to approach this with everything I had—my knowledge as an herbologist, trainer, NLP and CBT Life Transformation Specialist, my willingness to change my lifestyle, my commitment to monitoring and understanding my body, and yes, working WITH my medical team, not against them.

I created a protocol. A systematic approach that combined:

Carefully selected herbs with proven cardiovascular benefits

Stress reduction techniques that actually worked

Sleep optimization that gave my body time to heal

Nutrition that supported my goals

Movement that strengthened rather than stressed my body

Consistent monitoring so I always knew where I stood

The Results Speak for Themselves

Using this combination approach, I brought my blood pressure down from that terrifying 220/119 to a healthy 117/67. Not in years. Not in months. But in a matter of weeks with consistent, dedicated effort.

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But here's what's even more important: I kept it there. This wasn't a temporary fix. This was a lifestyle transformation that created lasting results.

And now? I check my blood pressure 4-5 times a week to stay aware, but I no longer live in fear. I sleep peacefully. I have energy. I have reclaimed my life.

If I can do it, so can you. And I'm going to show you exactly how.

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PART 1: THE POWER OF NATURE'S PHARMACY

Understanding How Herbs Support Cardiovascular Health

Before we dive into specific herbs, you need to understand something fundamental: Nature has been supporting human health for thousands of years. Long before pharmaceutical companies existed, our ancestors used plants to heal, to strengthen, and to prevent disease.



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Modern science is now confirming what traditional healers have known all along. Certain plants contain powerful compounds that support cardiovascular health through multiple mechanisms:

Vasodilation: Some herbs help relax and widen your blood vessels, allowing blood to flow more easily and reducing the pressure against vessel walls.



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ACE Inhibition: Certain plants naturally inhibit angiotensin-converting enzyme (ACE), which helps prevent blood vessels from narrowing. (This is the same mechanism many prescription blood pressure medications use.)

Antioxidant Protection: Many herbs are rich in antioxidants that protect your blood vessels from damage caused by free radicals and inflammation.

Anti-Inflammatory Action: Chronic inflammation damages blood vessels and contributes to hypertension. Herbs with anti-inflammatory properties help protect and heal your cardiovascular system.

Diuretic Effects: Some plants help your body eliminate excess sodium and water, reducing blood volume and therefore blood pressure.

Calcium Channel Blocking: Certain herbs prevent calcium from entering heart and blood vessel cells, which helps vessels relax and lowers blood pressure.

The Critical Principles of Using Herbs Safely

Listen to me carefully: Herbs are powerful. That's why they work. And that's why you must approach them with respect and wisdom.

Principle 1: Your Doctor Must Be Informed

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Before you add ANY herb or supplement to your regimen, you **MUST** consult with your healthcare provider. Why? Because herbs can interact with medications. They can enhance effects, reduce effects, or create unexpected reactions. Your doctor needs to know everything you're putting in your body.

Principle 2: Start Low, Go Slow

Never start multiple herbs at once. How would you know which one is working? How would you know which one caused a problem? Start with one herb, establish a baseline, monitor carefully, then add another if needed.

Principle 3: Monitor Consistently

When I added any new herb or supplement, I established a strict monitoring protocol:

Same location in my home

Same seating position

Same time of day when possible

Every 2-3 hours while awake when starting something new

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Tracked every single reading in a journal

This isn't paranoia. This is wisdom. This is how you learn your body and stay safe.

Principle 4: You Don't Need Everything

There are thousands of herbs that may support healthy blood pressure. I'm sharing the most well-researched, accessible ones here. But you don't need to take all of them. Work with your body, your healthcare provider, and your intuition to find what works for YOU.

Principle 5: Check for Interactions

Every single time you add something new, research potential drug interactions. Tell your pharmacist. Tell your doctor. Better to ask a "stupid question" than to create a dangerous situation.

THE HERBS THAT SUPPORTED MY TRANSFORMATION

GARLIC: The Ancient Healer

Why It Matters

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Garlic has been used for cardiovascular health for over 5,000 years, and modern science now understands why. Garlic contains allicin and other sulfur compounds that help relax blood vessels, improve circulation, and may reduce both systolic and diastolic blood pressure.

The Science

Studies show that garlic extract can reduce systolic blood pressure by 8-10 mmHg and diastolic pressure by 5-6 mmHg in people with hypertension. It works by stimulating nitric oxide production, which causes blood vessels to relax and widen.

How to Use It

Fresh garlic: 1-2 cloves daily, crushed and allowed to sit for 10 minutes before eating (this activates the beneficial compounds)

Aged garlic extract: 600-1,200 mg daily (standardized supplements)

Garlic powder: 1/4 to 1 teaspoon daily

Real Talk

Yes, you might smell like garlic. Yes, it's strong. But so is your commitment to your health. If the smell bothers you, aged garlic extract capsules offer benefits with less odor.

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Important Notes

Can interact with blood thinners (warfarin, aspirin)

May lower blood sugar—important for diabetics

Stop taking before surgery (affects blood clotting)

HIBISCUS: The Heart-Healthy Tea

Why It Matters

Hibiscus is one of the most studied and effective herbs for blood pressure support. Rich in antioxidants called anthocyanins, hibiscus helps relax blood vessels and improve circulation. This is our base tea for our formulas it typically has the little to no negative interactions with medications and side effects.

The Science

Multiple studies show hibiscus tea can lower systolic blood pressure by 7-10 mmHg. It works as a natural ACE inhibitor (similar to common blood pressure medications) and has diuretic properties that help reduce blood volume.

How to Use It

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Hibiscus tea: Steep 1-2 teaspoons of dried hibiscus flowers in hot water for 5-10 minutes

Drink 2-3 cups daily for best results

Can be enjoyed hot or cold (makes excellent iced tea)

Real Talk

This is one of the easiest and most pleasant herbs to incorporate. It tastes tart and refreshing, similar to cranberry. Add a little stevia if you need sweetness.

Important Notes

Can interact with hydrochlorothiazide (a diuretic medication)

May lower blood sugar slightly

Not recommended during pregnancy

HAWTHORN: The Heart Protector

Why It Matters

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Hawthorn has been used in traditional medicine for centuries to support heart health. It contains powerful flavonoids that strengthen blood vessels, improve circulation, and support overall cardiovascular function.

The Science

Research shows hawthorn can help lower blood pressure by dilating blood vessels and improving blood flow to the heart. It's particularly beneficial for overall cardiovascular health, not just blood pressure.

How to Use It

Hawthorn berry extract: 160-900 mg daily (standardized to 1.8% vitexin-2)

Hawthorn tea: 1-2 cups daily

Tincture: Follow product dosing instructions

Real Talk

Hawthorn is gentle and works slowly over time. This isn't a quick fix—it's a long-term support herb. Be patient and consistent.

Important Notes

Can interact with heart medications (digoxin, beta-blockers)

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Effects may take 4-6 weeks to become noticeable

MUST consult cardiologist if taking heart medications

GINGER: The Circulation Booster

Why It Matters

Ginger is a powerful anti-inflammatory herb that acts as a natural ACE inhibitor and calcium channel blocker. It supports healthy circulation and helps prevent blood clots.

The Science

Studies show ginger can reduce both systolic and diastolic blood pressure. Its active compounds (gingerols and shogaols) help relax blood vessels and reduce inflammation in the cardiovascular system.

How to Use It

Fresh ginger root: 2-4 grams daily (about 1 inch of root)

Ginger tea: Steep fresh sliced ginger in hot water for 10 minutes

Ginger powder: 1-2 grams daily (can add to smoothies, food)

Ginger supplements: 250-500 mg capsules, 2-3 times daily

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Real Talk

Ginger is easy to incorporate into your daily routine. Add it to stir-fries, smoothies, or tea. It's warming, energizing, and beneficial in multiple ways beyond blood pressure.

Important Notes

Can interact with blood thinners

May cause heartburn in some people (reduce dose if this happens)

High doses may lower blood sugar

CINNAMON: The Sweet Regulator

Why It Matters

Cinnamon does more than make your coffee taste good—it contains compounds that can help lower both systolic and diastolic blood pressure with consistent use.

The Science

Research indicates that cinnamon can reduce systolic blood pressure by about 5-6 mmHg and diastolic pressure by 3-4 mmHg. It works by improving insulin sensitivity and reducing inflammation.

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How to Use It

Ceylon cinnamon (preferred): 1-2 grams (about 1/2 to 1 teaspoon) daily

Add to coffee, oatmeal, smoothies, or yogurt

Cinnamon supplements: 120-250 mg daily

Real Talk

Use Ceylon cinnamon, not Cassia cinnamon, for regular daily use. Ceylon has lower levels of coumarin (a compound that can cause liver problems in high doses). Check labels or buy from reputable sources.

Important Notes

Can lower blood sugar—important for diabetics to monitor

High doses of Cassia cinnamon can affect liver function

May interact with diabetes medications

CELERY SEED & EXTRACT: The Vessel Relaxer

Why It Matters

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Celery contains a compound called 3-n-butylphthalide that helps relax blood vessels and reduce blood pressure. It's also high in fiber and acts as a natural diuretic.

The Science

Studies show celery seed extract can significantly lower blood pressure by reducing the production of stress hormones and relaxing smooth muscle in blood vessels.

How to Use It

Celery seed extract: 75-150 mg twice daily (standardized supplements)

Fresh celery: 4 stalks daily (juice or eat whole)

Celery seeds: 1/4 teaspoon of seeds daily (can be ground and added to food)

Real Talk

If you're not into supplements, just eat celery. It's that simple. Four stalks a day can make a difference. Juice it, add to salads, eat with nut butter as a snack.

Important Notes

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Acts as a diuretic—may increase urination

Can interact with medications that affect blood clotting

May lower blood sugar

BASIL: The Culinary Medicine

Why It Matters

Basil, particularly holy basil (tulsi), has been used in traditional medicine for cardiovascular health. It contains compounds that help relax blood vessels and reduce stress.

The Science

Basil contains eugenol, a compound that acts as a natural calcium channel blocker, helping blood vessels relax. It also has anti-inflammatory and antioxidant properties.

How to Use It

Fresh basil: Add liberally to meals (there's no specific dose—just use it regularly)

Holy basil (tulsi) supplements: 300-600 mg twice daily

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Tulsi tea: 1-2 cups daily

Real Talk

This is the easiest addition to your diet. Start growing basil in your kitchen. Add it to salads, pasta, eggs, smoothies. Make pesto. It's delicious and medicinal.

Important Notes

Generally very safe with minimal interactions

Holy basil (supplement form) may lower blood sugar slightly

Avoid high-dose supplements if pregnant

TURMERIC: The Anti-Inflammatory Powerhouse

Why It Matters

Turmeric contains curcumin, one of the most powerful anti-inflammatory compounds in nature. Chronic inflammation damages blood vessels and contributes to hypertension. Turmeric helps heal and protect.

The Science

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Research shows curcumin improves endothelial function (the health of blood vessel lining), reduces inflammation, and acts as a natural ACE inhibitor. Studies show it can reduce both systolic and diastolic blood pressure.

How to Use It

Fresh turmeric root: 1-3 grams daily (about 1 inch of root)

Turmeric powder: 1-3 grams daily (1/2 to 1 teaspoon)

Curcumin supplements: 500-1,000 mg daily (with piperine/black pepper for absorption)

Golden milk: Combine turmeric, black pepper, and healthy fat (coconut oil) in warm milk

Real Talk

Turmeric needs fat and black pepper to be absorbed properly. Always take it with a meal containing fat, or add a pinch of black pepper. This can increase absorption by up to 2,000%.

Important Notes

Can interact with blood thinners

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May cause digestive upset in high doses

Stains everything yellow. Be careful with clothing and surfaces! (I know firsthand - 3 hours of gentle scrubbing to get the yellow out of the countertop!)

PARSLEY: The Natural Diuretic

Why It Matters

Parsley is a natural diuretic that helps your body eliminate excess sodium and water, reducing blood volume and therefore blood pressure. It's also rich in nutrients that support cardiovascular health.

The Science

Parsley contains compounds that stimulate kidney function and promote fluid elimination. It's also high in vitamin K, vitamin C, and flavonoids that support blood vessel health.

How to Use It

Fresh parsley: 1-2 cups daily (add to salads, smoothies, juices)

Parsley tea: Steep 1-2 tablespoons fresh or dried parsley in hot water for 10 minutes

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Parsley supplements: Follow product instructions (less common than fresh use)

Real Talk

Don't just use parsley as a plate garnish anymore. Juice it, blend it into smoothies, make tabbouleh, add it to scrambled eggs. It's nutrient-dense and powerfully beneficial.

Important Notes

High in vitamin K can interfere with blood thinners (warfarin)

Diuretic effect means more bathroom trips

Not recommended in large amounts during pregnancy

L-ARGININE & L-CITRULLINE: The Nitric Oxide Boosters

Why They Matter

These aren't herbs, but they're worth including. L-arginine and L-citrulline are amino acids that your body converts into nitric oxide, a molecule that relaxes and widens blood vessels, lowering blood pressure.

The Science

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Multiple studies show these amino acids can significantly lower both systolic and diastolic blood pressure by increasing nitric oxide production. L-citrulline is actually more effective than L-arginine because it's better absorbed and lasts longer in your system.

How to Use Them

L-citrulline: 3-6 grams daily (often more effective than arginine)

L-arginine: 3-6 grams daily

Can be taken together or separately

Best taken on empty stomach or between meals

Real Talk

If you're going to supplement with amino acids, L-citrulline is your best bet. It converts to arginine in your body anyway, but with better absorption and longer lasting effects.

Important Notes

Can interact with blood pressure medications (may lower BP too much)

May interact with Viagra and similar medications

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Can cause digestive upset in high doses

Not recommended if you've had a heart attack

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PART 2: YOUR COMPLETE MOTIVATED EVERYDAY™ LIFESTYLE PROTOCOL

Here's What Most Guides Won't Tell You

You know what leaves people hanging? All these blood pressure guides that say "reduce stress" and "get better sleep" and "eat healthy" without actually teaching you HOW.

That's like telling someone to build a house but not giving them any tools or instructions. It's useless. It's frustrating. And it keeps people stuck.

So I'm going to do something different. I'm going to give you the actual tools, the actual step-by-step methods, the actual protocols I used to transform my life.

Because here's the truth: The herbs matter. But the lifestyle changes? That's where the real magic happens.

STRESS REDUCTION: THE MISSING PIECE

Why Stress Is Killing You (And How to Stop It)

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When you're stressed, your body releases cortisol and adrenaline. Your heart beats faster. Your blood vessels constrict. Your blood pressure spikes. Do this chronically, and you're slowly destroying your cardiovascular system.

But here's what nobody tells you: You can't think your way out of stress. You have to move through it, breathe through it, and reset your nervous system.

The Motivated Everyday™ Stress Reset Protocol

TECHNIQUE 1: The 4-7-8 Breath (Do This Right Now)

This is the fastest way to activate your parasympathetic nervous system (your "rest and digest" mode) and lower your blood pressure in real-time.

Here's how:

1. Sit comfortably with your back straight
2. Place the tip of your tongue against the ridge behind your upper front teeth
3. Exhale completely through your mouth (making a whoosh sound)
4. Close your mouth and inhale quietly through your nose for 4 counts
5. Hold your breath for 7 counts

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6. Exhale completely through your mouth for 8 counts (whoosh sound)

7. Repeat this cycle 3-4 times

Do this:

Whenever you feel stressed

Before measuring your blood pressure

Before difficult conversations

Before bed

First thing in the morning

TECHNIQUE 2: The Body Scan Release

Most people hold stress in their bodies without even realizing it. This technique helps you identify and release that tension.

Here's how:

1. Lie down or sit comfortably
2. Close your eyes and take 3 deep breaths
3. Starting with your toes, mentally scan each part of your body
4. When you find tension, breathe into that area for 3 breaths

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5. With each exhale, imagine the tension melting away
6. Move systematically up your body: feet, calves, thighs, hips, belly, chest, hands, arms, shoulders, neck, face, head
7. Take 5 minutes total

Do this:

Once daily (ideally before bed)

Whenever you notice physical tension

After stressful situations

TECHNIQUE 3: The Five-Minute Mind Dump

Mental stress becomes physical stress. This technique clears your mind and reduces the mental load.

Here's how:

1. Set a timer for 5 minutes
2. Get a piece of paper and pen (not computer—this must be handwritten)
3. Write everything on your mind—worries, to-dos, frustrations, fears, everything

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4. Don't edit, don't organize, just dump it all out
5. When the timer goes off, stop
6. Tear up the paper or throw it away (this is symbolic—you're releasing it)

Do this:

Whenever your mind feels overwhelmed

Before important decisions

When you can't sleep due to racing thoughts

TECHNIQUE 4: The Gratitude Reset

This isn't just "positive thinking." Gratitude actually changes your brain chemistry and reduces stress hormones.

Here's how:

1. Every morning, before you check your phone, write down 3 things you're grateful for
2. They must be specific (not just "family" but "the way my daughter laughed yesterday")
3. Feel the gratitude in your body as you write

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4. Read them out loud

5. Take 3 deep breaths

Do this:

Every single morning without exception

Whenever you catch yourself in negative thinking patterns

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SLEEP OPTIMIZATION: YOUR BODY'S HEALING TIME

Why Sleep Is Non-Negotiable

While you sleep, your body repairs blood vessels, reduces inflammation, regulates stress hormones, and literally heals itself. Poor sleep = high blood pressure. It's that simple.

But quality matters more than quantity. You can sleep 8 hours and still wake up exhausted if your sleep isn't optimized.

Understanding Your Body's Rhythms

Circadian Rhythm: Your 24-hour body clock that regulates sleep, hormones, temperature, and metabolism. When this is disrupted, everything suffers including your blood pressure.

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Ultradian Rhythm: 90-120 minute cycles throughout the day and night. During sleep, you cycle through different stages (light sleep, deep sleep, REM sleep). You need complete cycles for true restoration.

The Motivated Everyday™ Sleep Protocol

STEP 1: Set Your Sleep Window

Your body thrives on consistency. Pick a sleep window and stick to it—even on weekends.

Best practice:

Sleep time: 10 PM - 6 AM (or 8-hour window that works for your schedule)

Start winding down 90 minutes before bed

Wake at the same time every day (this sets your circadian rhythm)

STEP 2: Create Your Wind-Down Ritual (90 Minutes Before Bed)

90 minutes before: No more screens (blue light disrupts melatonin production)

60 minutes before: Dim all lights in your home (signals body to produce melatonin)

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45 minutes before: Take a warm bath or shower (the drop in body temperature after signals sleep time)

30 minutes before: 4-7-8 breathing + body scan

15 minutes before: Gratitude journaling

Lights out: Same time every night

STEP 3: Optimize Your Sleep Environment

Your bedroom should be:

Cool: 60-67°F (your body needs to drop temperature to sleep deeply)

Dark: Blackout curtains or sleep mask (even small amounts of light disrupt sleep)

Quiet: White noise machine or earplugs if needed

Tech-free: No TV, no phone charging by the bed, no electronics

STEP 4: What to Avoid

Caffeine after 2 PM: Half-life is 5-6 hours (it's still in your system longer than you think)

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Alcohol within 3 hours of bed: Disrupts deep sleep and REM sleep

Large meals within 3 hours of bed: Digestion interferes with sleep quality

Intense exercise within 3 hours of bed: Raises body temperature and adrenaline

STEP 5: If You Can't Fall Asleep

After 20 minutes of lying awake:

1. Get out of bed (don't train your brain that bed = being awake)
2. Go to another room with dim lighting
3. Do something boring (read something dry, fold laundry)
4. When you feel sleepy, return to bed
5. Repeat if necessary

Never:

Check your phone

Turn on bright lights

Start doing engaging activities

Watch TV

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EATING FOR CARDIOVASCULAR HEALTH

The Motivated Everyday™ Nutrition Principles

PRINCIPLE 1: Reduce Sodium, Increase Potassium

Most Americans consume 3,400+ mg of sodium daily. You need less than 2,300 mg (ideally around 1,500 mg if you have high blood pressure).

But here's what's more important: Your sodium-to-potassium ratio.

Potassium helps your body eliminate sodium and relaxes blood vessel walls. Most people get plenty of sodium but not enough potassium.

High-potassium foods:

Sweet potatoes (one medium = 694 mg potassium)

Spinach (one cup cooked = 839 mg)

Avocados (one medium = 708 mg)

Bananas (one medium = 422 mg)

White beans (one cup = 1,189 mg)

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Salmon (3 oz = 534 mg)

Action step: Add one high-potassium food to every meal.

PRINCIPLE 2: Embrace Healthy Fats, Eliminate Trans Fats

Your body needs fat for hormone production, nutrient absorption, and cardiovascular health. But the type matters.

Good fats (eat liberally):

Avocados and avocado oil

Olive oil (extra virgin, cold-pressed)

Nuts and seeds (especially walnuts, almonds, flax seeds)

Fatty fish (salmon, mackerel, sardines)

Coconut oil (in moderation)

Bad fats (eliminate completely):

Trans fats (partially hydrogenated oils)

Highly processed vegetable oils (corn, soybean, canola heated to high temps)

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Fried foods from restaurants

Action step: Replace one unhealthy fat source with a healthy fat this week.

PRINCIPLE 3: Load Up on Fiber

Fiber helps eliminate cholesterol, reduces inflammation, feeds healthy gut bacteria, and helps regulate blood sugar (which affects blood pressure).

You need 25-38 grams of fiber daily. Most people get less than 15 grams.

High-fiber foods:

Lentils (one cup = 15.6 grams)

Black beans (one cup = 15 grams)

Oats (one cup cooked = 4 grams)

Pears (one medium with skin = 5.5 grams)

Broccoli (one cup cooked = 5.1 grams)

Chia seeds (1 oz = 10.6 grams)

Action step: Add one high-fiber food to breakfast and dinner.

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PRINCIPLE 4: Eat the Rainbow

Different colored fruits and vegetables contain different antioxidants and phytonutrients that protect your cardiovascular system.

Each day, aim for:

Red: Tomatoes, red peppers, watermelon, beets

Orange/Yellow: Carrots, sweet potatoes, oranges, yellow peppers

Green: Spinach, kale, broccoli, green beans, avocados

Blue/Purple: Blueberries, blackberries, purple cabbage, eggplant

White/Tan: Garlic, onions, mushrooms, cauliflower

Action step: Take a photo of your plate at each meal. Count the colors. Aim for 3+ colors per meal.

PRINCIPLE 5: Hydration Matters

Dehydration causes your blood to become thicker and your heart to work harder. But over-hydration can stress your kidneys.

The right amount: Half your body weight in ounces daily.

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If you weigh 200 lbs, drink 100 oz of water

Adjust up if exercising heavily or in hot weather

The best way to monitor your hydration is to check your thirst levels and urine color. Your goal is to stay comfortably hydrated throughout the day, with urine that is a pale, straw-yellow.

Adjust down if you have kidney issues (consult your doctor)

Action step: Get a water bottle that holds your daily amount. Fill it each morning. Finish it before bed.

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EXERCISE: THE RIGHT WAY

The Motivated Everyday Instinctive Training Protocol™

Most people exercise wrong for blood pressure management. They push too hard, ignore their body's signals, and end up injured or burnt out.



ALIGNMENT IS THE KEY. MOTIVATION IS THE MOTION.

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Here's a different approach—one that builds strength, supports cardiovascular health, and prevents injury.

The Mind-Muscle Connection

What It Is

The ability to feel and control the specific muscle you're working, while simultaneously monitoring your body's signals about stress, fatigue, and potential injury.

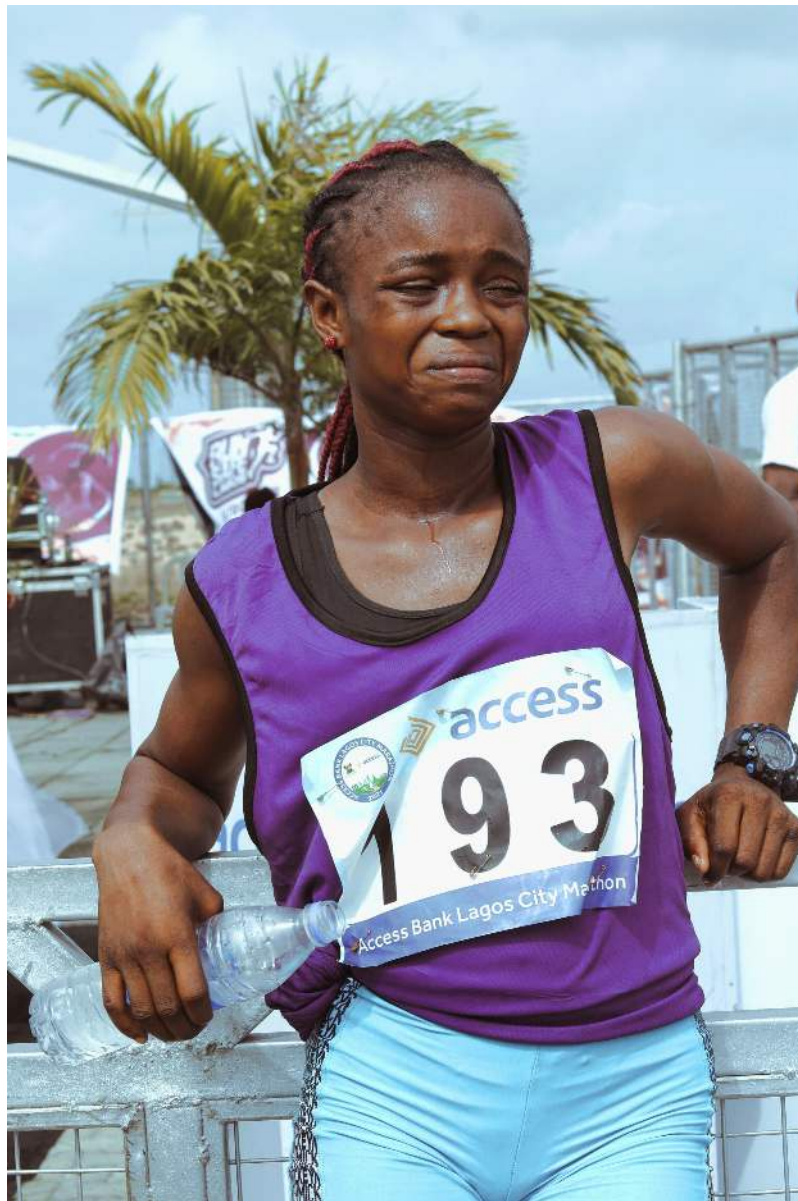


ALIGNMENT IS THE KEY. MOTIVATION IS THE MOTION.

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Why It Matters

Most injuries happen because people ignore their body's warning signals. They push through pain, ignore form breakdown, and treat their body like a machine that should just perform on command.



ALIGNMENT IS THE KEY. MOTIVATION IS THE MOTION.

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Your body is constantly communicating with you. The question is: Are you listening?

How to Develop It

1. Start Every Movement Slowly

Before you add weight or speed, learn the movement pattern

Feel which muscles are working

Notice where tension appears in your body

Adjust until the movement feels smooth and controlled

2. Recognize the Different Types of Sensation

Good burn: Muscle fatigue, warmth, slight burning in the working muscle

Bad pain: Sharp, shooting, or joint pain—STOP IMMEDIATELY

Warning signals: Unusual clicking, popping, or instability—this is your body saying "something's wrong"

3. The "Stop" Signal Recognition

Form begins to break down → reduce weight or stop

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You start compensating (using wrong muscles) → reset and refocus

Pain appears anywhere → stop, assess, modify or skip that exercise

You feel dizzy, lightheaded, or chest pressure → STOP and rest (check BP if available)

The Motivated Everyday™ Exercise Protocol

PHASE 1: Foundation Building (Weeks 1-4)

Start here regardless of your current fitness level. This phase teaches your body proper movement patterns and builds cardiovascular fitness without spiking blood pressure dangerously.

Daily Movement Goals:

20-30 minutes of low-intensity movement

Walking is perfect (target: 3-4 mph pace, able to hold a conversation)

Yoga or tai chi (gentle, flowing movements)

Swimming or water aerobics (excellent for reducing joint stress)

Frequency: 5-6 days per week

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Monitoring: Check blood pressure before and 5 minutes after exercise. If it spikes more than 20 mmHg systolic or doesn't return to baseline within 10 minutes, reduce intensity next session.

PHASE 2: Strength Integration (Weeks 5-12)

Once your blood pressure is consistently stable, add resistance training. Strength training helps lower resting blood pressure over time.

Key Principles:

Bodyweight first: Master push-ups, squats, lunges, planks before adding external weight

Breathe properly: NEVER hold your breath (causes dangerous BP spikes).
Exhale during exertion, inhale during relaxation

Control the movement: 2-3 seconds down, 2-3 seconds up, full range of motion

Rest between sets: 60-90 seconds minimum (your BP needs time to normalize)

Sample Weekly Structure:

Monday: Lower body strength (squats, lunges, glute bridges) - 20 minutes

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Tuesday: Walking or yoga - 30 minutes

Wednesday: Upper body strength (push-ups, rows, shoulder work) - 20 minutes

Thursday: Walking or swimming - 30 minutes

Friday: Full body strength (combination movements) - 20 minutes

Saturday: Active recovery (gentle yoga, walking) - 20 minutes

Sunday: Rest or very light movement

PHASE 3: Optimization (Week 13+)

By now, you understand your body's signals. You can increase intensity gradually while maintaining safety.

Progressive Overload Options:

Add weight (5-10% increases only)

Add repetitions (2-3 more per set)

Add sets (one additional set per exercise)

Decrease rest time (down to 45-60 seconds)

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Increase movement complexity (add balance challenges)

Golden Rule: Only progress ONE variable at a time. Don't add weight AND reps AND sets in the same week.

Exercise Warning Signs - When to Stop Immediately

Stop exercising and check your blood pressure if you experience:

Chest pain, pressure, or tightness

Severe shortness of breath (unable to speak)

Dizziness or lightheadedness

Unusual fatigue

Nausea

Irregular heartbeat or heart palpitations

Headache during or immediately after exercise

Vision changes

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If your blood pressure is above 180/110 before exercise, do NOT exercise. Rest, use your stress reduction techniques, and consult your healthcare provider if it remains elevated.

THE MONITORING PROTOCOL: KNOWLEDGE IS POWER

Why Consistent Monitoring Changed Everything for Me

When I started my blood pressure transformation journey, I didn't just monitor occasionally—I monitored obsessively. And that obsessive monitoring gave me power.

I learned:

Which foods spiked my pressure

Which stress reduction techniques worked immediately

How much sleep I actually needed

Which herbs were making a difference

What time of day my pressure was highest

You can't manage what you don't measure.

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The Motivated Everyday™ Blood Pressure Monitoring Protocol

EQUIPMENT YOU NEED

A reliable automatic blood pressure monitor (upper arm cuff, not wrist)

Validated by clinical studies (look for devices with British Hypertension Society or European Society of Hypertension approval)

A journal or app to record every reading

ESTABLISHING YOUR BASELINE

When starting any new herb, supplement, or significant lifestyle change:

Week 1: Intensive Monitoring

Take your BP 5-6 times daily

Morning: Within 1 hour of waking, before eating or taking anything

Mid-morning: 3 hours after waking

Afternoon: Around 2-3 PM

Early evening: Around 5-6 PM

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Night: Before bed

Record: date, time, reading, what you ate, stress level (1-10), sleep quality previous night, any herbs/supplements taken

Week 2-4: Regular Monitoring

Take your BP 3 times daily (morning, afternoon, evening)

Continue recording all factors

Look for patterns

Once Stabilized: Maintenance Monitoring

Take your BP 4-5 times per week (vary times of day)

Take daily for 3 days if you notice readings creeping up

Always take before and after adding any new intervention

The Right Way to Take Your Blood Pressure

Most people do this wrong and get inaccurate readings. Follow this protocol exactly:

30 Minutes Before

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No caffeine

No exercise

No smoking

Empty your bladder (full bladder increases BP)

5 Minutes Before

Sit quietly and relax

No talking, no TV, no phone

Practice 4-7-8 breathing to calm your nervous system

During Measurement

Sit in a chair with back support (not on a couch or bed)

Feet flat on the floor (don't cross legs)

Arm supported on a table at heart level

Cuff on bare skin (not over clothing)

Cuff positioned correctly per device instructions

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Don't talk or move during measurement

Take 2-3 readings, 1 minute apart

Record the average of the last two readings

Consistency is Key

Same location in your home

Same chair

Same arm (usually left, but pick one and stick with it)

Same time of day when possible for comparison

Understanding Your Numbers

Optimal: Less than 120/80

Elevated: 120-129/less than 80

Stage 1 Hypertension: 130-139/80-89

Stage 2 Hypertension: 140 or higher/90 or higher

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Hypertensive Crisis: Higher than 180/higher than 120 (seek emergency care)

Important Notes:

One high reading doesn't mean you have hypertension

Look for patterns over days and weeks

Blood pressure naturally varies throughout the day (usually lowest at night, highest in morning)

Stress, pain, full bladder, and even talking can temporarily raise BP

Some medications affect readings (know what you're taking)

What to Do When Numbers Go Up

If your BP creeps up during your transformation:

1. Don't panic (anxiety will make it worse)
2. Practice 4-7-8 breathing for 5 minutes
3. Review your last 24-48 hours:
 1. Sleep quality?
 2. Stress levels?

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3. Sodium intake?
4. Hydration?
5. Skipped herbs or medications?
6. New supplements or medications?
4. Make immediate adjustments:
 1. Reduce sodium today
 2. Increase water intake
 3. Do extra stress reduction techniques
 4. Ensure you take all your herbs/medications as scheduled
 5. Get good sleep tonight
5. Monitor closely: Check BP every 3-4 hours while awake for the next day
6. Contact your healthcare provider if:
 1. Readings consistently above 180/110
 2. Sudden increase of 20+ points with no clear cause
 3. You have symptoms (headache, chest pain, vision changes, severe anxiety)

TRACKING YOUR TRANSFORMATION



THE MOTIVATED EVERYDAY™ PROGRESS JOURNAL

Blood Pressure Transformation Tracking System

Your Name: _____

Start Date: _____

Current Blood Pressure: _____ / _____

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Target Blood Pressure: _____ / _____

Healthcare Provider: _____

HOW TO USE THIS JOURNAL

This journal is your personal tracking system for your blood pressure transformation. Consistency is key—spend just 5 minutes each morning and evening recording your progress.

Tips for Success:

- Keep this journal in a visible place
 - Set reminders on your phone for morning and evening entries
 - Be honest with yourself—this is for YOUR benefit
 - Don't judge yourself for "bad" days—just track and learn
 - Review weekly and monthly to see patterns you might otherwise miss
-
-

DAILY TRACKING PAGES

Week 1: _____ to _____

DAY 1 - Date: _____

THE BLOOD PRESSURE RESET PROTOCOL™

MORNING ENTRY

Blood Pressure Reading:

Systolic (top number): _____ / Diastolic (bottom number): _____

Time taken: _____

Sleep Quality (1-10 scale): _____

(1 = terrible sleep, 10 = best sleep ever)

Energy Level Upon Waking (1-10 scale): _____

(1 = exhausted, 10 = fully energized)

Stress Level Yesterday (1-10 scale): _____

(1 = completely relaxed, 10 = extremely stressed)

Today I'm Grateful For:

EVENING ENTRY

Blood Pressure Reading (if taking multiple):

Reading 1: _____ / _____ Time: _____

Reading 2: _____ / _____ Time: _____

Reading 3: _____ / _____ Time: _____

Herbs/Supplements Taken Today:

THE BLOOD PRESSURE RESET PROTOCOL™

Herb/Supplement

Dosage

Time Taken

Meals Eaten Today (General Overview):

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Exercise/Movement Today:

Type: _____ Duration: _____ minutes

THE BLOOD PRESSURE RESET PROTOCOL™

Notes: _____

Stress Reduction Practices Used: ☐ 4-7-8 Breathing

☐ Body Scan

☐ Mind Dump

☐ Gratitude Practice

☐ Other: _____

Challenges Faced Today:

Wins/Successes Today (No Matter How Small):

THE BLOOD PRESSURE RESET PROTOCOL™

DAY 2 - Date: _____

MORNING ENTRY

Blood Pressure Reading:

Systolic (top number): _____ / Diastolic (bottom number): _____

Time taken: _____

Sleep Quality (1-10 scale): _____

Energy Level Upon Waking (1-10 scale): _____

Stress Level Yesterday (1-10 scale): _____

Today I'm Grateful For:

EVENING ENTRY

Blood Pressure Reading (if taking multiple):

Reading 1: _____ / _____ Time: _____

Reading 2: _____ / _____ Time: _____

Reading 3: _____ / _____ Time: _____

Herbs/Supplements Taken Today:

THE BLOOD PRESSURE RESET PROTOCOL™

Herb/Supplement

Dosage

Time Taken

Meals Eaten Today (General Overview):

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Exercise/Movement Today:

Type: _____ Duration: _____ minutes

THE BLOOD PRESSURE RESET PROTOCOL™

Notes: _____

Stress Reduction Practices Used: ☐ 4-7-8 Breathing

☐ Body Scan

☐ Mind Dump

☐ Gratitude Practice

☐ Other: _____

Challenges Faced Today:

Wins/Successes Today (No Matter How Small):

THE BLOOD PRESSURE RESET PROTOCOL™

DAY 3 - Date: _____

MORNING ENTRY

Blood Pressure Reading:

Systolic (top number): _____ / Diastolic (bottom number): _____

Time taken: _____

Sleep Quality (1-10 scale): _____

Energy Level Upon Waking (1-10 scale): _____

Stress Level Yesterday (1-10 scale): _____

Today I'm Grateful For:

EVENING ENTRY

Blood Pressure Reading (if taking multiple):

Reading 1: _____ / _____ Time: _____

Reading 2: _____ / _____ Time: _____

Reading 3: _____ / _____ Time: _____

Herbs/Supplements Taken Today:

THE BLOOD PRESSURE RESET PROTOCOL™

Herb/Supplement

Dosage

Time Taken

Meals Eaten Today (General Overview):

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Exercise/Movement Today:

Type: _____ Duration: _____ minutes

THE BLOOD PRESSURE RESET PROTOCOL™

Notes: _____

Stress Reduction Practices Used: ☐ 4-7-8 Breathing

☐ Body Scan

☐ Mind Dump

☐ Gratitude Practice

☐ Other: _____

Challenges Faced Today:

Wins/Successes Today (No Matter How Small):

THE BLOOD PRESSURE RESET PROTOCOL™

DAY 4 - Date: _____

MORNING ENTRY

Blood Pressure Reading:

Systolic (top number): _____ / Diastolic (bottom number): _____

Time taken: _____

Sleep Quality (1-10 scale): _____

Energy Level Upon Waking (1-10 scale): _____

Stress Level Yesterday (1-10 scale): _____

Today I'm Grateful For:

EVENING ENTRY

Blood Pressure Reading (if taking multiple):

Reading 1: _____ / _____ Time: _____

Reading 2: _____ / _____ Time: _____

Reading 3: _____ / _____ Time: _____

Herbs/Supplements Taken Today:

THE BLOOD PRESSURE RESET PROTOCOL™

Herb/Supplement

Dosage

Time Taken

Meals Eaten Today (General Overview):

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Exercise/Movement Today:

Type: _____ Duration: _____ minutes

THE BLOOD PRESSURE RESET PROTOCOL™

Notes: _____

Stress Reduction Practices Used: ☐ 4-7-8 Breathing

☐ Body Scan

☐ Mind Dump

☐ Gratitude Practice

☐ Other: _____

Challenges Faced Today:

Wins/Successes Today (No Matter How Small):

THE BLOOD PRESSURE RESET PROTOCOL™

DAY 5 - Date: _____

MORNING ENTRY

Blood Pressure Reading:

Systolic (top number): _____ / Diastolic (bottom number): _____

Time taken: _____

Sleep Quality (1-10 scale): _____

Energy Level Upon Waking (1-10 scale): _____

Stress Level Yesterday (1-10 scale): _____

Today I'm Grateful For:

EVENING ENTRY

Blood Pressure Reading (if taking multiple):

Reading 1: _____ / _____ Time: _____

Reading 2: _____ / _____ Time: _____

Reading 3: _____ / _____ Time: _____

Herbs/Supplements Taken Today:

THE BLOOD PRESSURE RESET PROTOCOL™

Herb/Supplement

Dosage

Time Taken

Meals Eaten Today (General Overview):

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Exercise/Movement Today:

Type: _____ Duration: _____ minutes

THE BLOOD PRESSURE RESET PROTOCOL™

Notes: _____

Stress Reduction Practices Used: ☐ 4-7-8 Breathing

☐ Body Scan

☐ Mind Dump

☐ Gratitude Practice

☐ Other: _____

Challenges Faced Today:

Wins/Successes Today (No Matter How Small):

THE BLOOD PRESSURE RESET PROTOCOL™

DAY 6 - Date: _____

MORNING ENTRY

Blood Pressure Reading:

Systolic (top number): _____ / Diastolic (bottom number): _____

Time taken: _____

Sleep Quality (1-10 scale): _____

Energy Level Upon Waking (1-10 scale): _____

Stress Level Yesterday (1-10 scale): _____

Today I'm Grateful For:

EVENING ENTRY

Blood Pressure Reading (if taking multiple):

Reading 1: _____ / _____ Time: _____

Reading 2: _____ / _____ Time: _____

Reading 3: _____ / _____ Time: _____

Herbs/Supplements Taken Today:

THE BLOOD PRESSURE RESET PROTOCOL™

Herb/Supplement

Dosage

Time Taken

Meals Eaten Today (General Overview):

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Exercise/Movement Today:

Type: _____ Duration: _____ minutes

THE BLOOD PRESSURE RESET PROTOCOL™

Notes: _____

Stress Reduction Practices Used: ☐ 4-7-8 Breathing

☐ Body Scan

☐ Mind Dump

☐ Gratitude Practice

☐ Other: _____

Challenges Faced Today:

Wins/Successes Today (No Matter How Small):

THE BLOOD PRESSURE RESET PROTOCOL™

DAY 7 - Date: _____

MORNING ENTRY

Blood Pressure Reading:

Systolic (top number): _____ / Diastolic (bottom number): _____

Time taken: _____

Sleep Quality (1-10 scale): _____

Energy Level Upon Waking (1-10 scale): _____

Stress Level Yesterday (1-10 scale): _____

Today I'm Grateful For:

EVENING ENTRY

Blood Pressure Reading (if taking multiple):

Reading 1: _____ / _____ Time: _____

Reading 2: _____ / _____ Time: _____

Reading 3: _____ / _____ Time: _____

Herbs/Supplements Taken Today:

THE BLOOD PRESSURE RESET PROTOCOL™

Herb/Supplement

Dosage

Time Taken

Meals Eaten Today (General Overview):

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Exercise/Movement Today:

Type: _____ Duration: _____ minutes

THE BLOOD PRESSURE RESET PROTOCOL™

Notes: _____

Stress Reduction Practices Used: ☐ 4-7-8 Breathing

☐ Body Scan

☐ Mind Dump

☐ Gratitude Practice

☐ Other: _____

Challenges Faced Today:

Wins/Successes Today (No Matter How Small):

WEEKLY REVIEW - Week 1

Date Completed: _____

Time Spent on Review: _____ minutes

THE BLOOD PRESSURE RESET PROTOCOL™

BLOOD PRESSURE SUMMARY

Average Systolic (Top Number) This Week: _____

Average Diastolic (Bottom Number) This Week: _____

Highest Reading This Week: _____ / _____ Date: _____

Lowest Reading This Week: _____ / _____ Date: _____

COMPARE TO PREVIOUS WEEK

Previous Week Average: _____ / _____

This Week Average: _____ / _____

Change: ☐ Improved ☐ Stayed Same ☐ Increased

Amount of Change: +/- _____ / +/- _____

REFLECTION QUESTIONS

What worked well this week?

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What didn't work?

What patterns do you notice? (Consider: time of day, food triggers, stress events, sleep quality correlation, etc.)

What will you adjust next week?

Celebrate your progress (even if small):

HABIT TRACKING - WEEK 1

Days I took my herbs/supplements consistently: _____ out of 7

Days I exercised/moved my body: _____ out of 7

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Days I practiced stress reduction techniques: _____ out of 7

Days I got quality sleep (7+ hours): _____ out of 7

Days I monitored blood pressure as planned: _____ out of 7

Average Sleep Quality (1-10): _____

Average Energy Level (1-10): _____

Average Stress Level (1-10): _____

[PAGE BREAK]

MONTHLY ASSESSMENT - Month:

Date Completed: _____

Time Spent on Assessment: _____ minutes

BLOOD PRESSURE TRENDS

Average BP for This Month: _____ / _____

Average BP for Previous Month: _____ / _____

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Total Change: +/- _____ / +/- _____

Percentage Change: _____ %

OVERALL TREND DIRECTION

- ☐ Significant Improvement (10+ points reduction)
- ☐ Moderate Improvement (5-10 points reduction)
- ☐ Slight Improvement (1-5 points reduction)
- ☐ Stable (no significant change)
- ☐ Needs Adjustment (increase in BP)

Visual Trend (draw a simple line showing your BP over the month):

High || | || | **Mid** | || || |
Low || Week 1 Week 2 Week 3 Week 4

NON-SCALE VICTORIES

How do you FEEL compared to last month?

Energy Levels: ☐ Much Better ☐ Better ☐ Same ☐ Worse

Sleep Quality: ☐ Much Better ☐ Better ☐ Same ☐ Worse

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Stress Management: ☐ Much Better ☐ Better ☐ Same ☐ Worse

Overall Mood: ☐ Much Better ☐ Better ☐ Same ☐ Worse

Other Improvements Noticed:

PROGRESS PHOTOS & MEASUREMENTS

Photos Taken: ☐ Yes ☐ No

If relevant, record any measurements:

Weight: _____

Waist: _____

Other: _____

Notes about physical changes:

HEALTHCARE PROVIDER UPDATE

Did you update your healthcare provider this month? ☐ Yes ☐ No

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If yes, what was discussed?

Any medication adjustments? ☐ Yes ☐ No

If yes, details:

Next appointment scheduled: _____

HABITS & CONSISTENCY THIS MONTH

Days I was consistent with herbs/supplements: _____ out of 30

Days I exercised: _____ out of 30

Days I practiced stress reduction: _____ out of 30

Days I got quality sleep: _____ out of 30

Overall consistency rating (1-10): _____

INTENTIONS FOR NEXT MONTH

My #1 goal for next month:

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Specific habits I will focus on:

What I will start doing:

What I will stop doing:

What I will continue doing:

How I will celebrate reaching my goals:

BIGGEST WINS THIS MONTH

BIGGEST CHALLENGES THIS MONTH

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How to celebrate: NOT with food as reward. Instead:

Share your win with someone who supports you

Write a detailed reflection on how far you've come

Treat yourself to something that supports your journey (new walking shoes, massage, workout gear)

Take a moment to feel genuine pride in your commitment

YOUR ADDITIONAL RESOURCES

As part of your complete Motivated Everyday Blood Pressure Reset Protocol™, you have access to these powerful supplemental guides that address the specific challenges most people face:

SLEEP RECHARGE: The Complete Sleep Optimization Guide

Deep, restorative sleep is when your body heals your cardiovascular system. This comprehensive guide gives you everything you need to transform your sleep:

Advanced sleep hygiene protocols

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Circadian rhythm optimization strategies

Natural supplements that support sleep (melatonin, magnesium, L-theanine, valerian root)

How to handle insomnia without medication

Sleep position optimization for blood pressure

Environmental factors (temperature, light, sound, EMFs)

Shift work and irregular schedule strategies

Sleep tracking and analysis

Use this when: You're struggling to fall asleep, stay asleep, or wake feeling refreshed.

HOW TO REDUCE STRESS RIGHT NOW: Immediate Relief Techniques

Most stress reduction advice is theoretical. This guide is practical—techniques you can use the moment stress hits:

15 techniques that work in under 5 minutes

Emergency protocols for panic and anxiety

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How to handle stressful situations in real-time

Stress reduction for specific scenarios (work stress, relationship stress, financial stress, health anxiety)

Building stress resilience long-term

Identifying and eliminating chronic stressors

The role of boundaries in stress management

When and how to seek professional help

Use this when: You're feeling overwhelmed, anxious, or stressed and need immediate relief.

HOW TO STAY MOTIVATED: Sustaining Your Transformation

Motivation gets you started. But what keeps you going when motivation fades? This guide teaches you how to build systems, habits, and mindset that sustain long-term change:

The truth about motivation (it's not what you think)

Building identity-based habits that last

Overcoming self-sabotage patterns

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What to do when you fall off track

Creating accountability systems

The power of environment design

Handling setbacks without giving up

Building momentum through small wins

Finding your "why" that sustains you through difficulty

Use this when: You're struggling to stay consistent, feeling discouraged, or tempted to give up.

IMPORTANT REMINDERS FOR YOUR JOURNEY

Working with Your Healthcare Team

Your doctor is your partner, not your enemy. Here's how to have productive conversations:

Before Your Appointment

Bring your BP log (show them your tracking)

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List all herbs, supplements, and over-the-counter medications you're taking

Write down your questions in advance

Bring a support person if helpful

Questions to Ask

"Based on my tracking, what do you think about my progress?"

"Are there any interactions between my prescribed medications and the herbs I'm taking?"

"What are your concerns about my approach?"

"What would you like me to monitor more closely?"

"At what point can we discuss reducing medication?" (if that's your goal)

How to Handle Pushback

If your doctor is resistant to natural approaches:

Stay respectful and curious (not defensive)

Show them your data (tracking, progress, research)

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Ask "What would convince you this is working?"

If they're completely unwilling to work with you, it may be time to find a more integrative-minded provider

Never stop prescribed medications without medical supervision, even if your doctor dismisses natural approaches

When to Seek Emergency Care

Call 911 or go to the emergency room immediately if:

Blood pressure above 180/120 with symptoms (headache, chest pain, shortness of breath, vision changes, confusion)

Severe chest pain or pressure

Severe headache (worst of your life)

Difficulty breathing

Severe anxiety with physical symptoms

Numbness or weakness on one side of body

Difficulty speaking or understanding speech

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Loss of consciousness

Don't wait. Don't "see if it passes." Get help immediately.

High blood pressure is called "the silent killer" because it often has no symptoms until something catastrophic happens. If you have symptoms with high BP, that's your body screaming for help.

The Reality of Setbacks

You will have setbacks. Your blood pressure will spike sometimes. You'll skip your herbs. You'll eat the wrong foods. You'll have a stressful week and see your numbers climb.

This is normal. This is human. This doesn't mean failure.

What matters is what you do next:

1. Don't catastrophize: One bad reading or one bad day doesn't erase your progress
2. Get curious, not judgmental: What contributed to this? What can I learn?
3. Implement immediately: Don't wait until tomorrow to get back on track—start with your next decision

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4. Use your tools: Stress reduction, proper sleep, herbs, monitoring—these are tools, not suggestions

5. Reach out: Connect with your support system, your healthcare provider, your community

Remember: The difference between someone who transforms their health and someone who doesn't isn't that the successful person never struggles. It's that they don't let struggles become stopping points.

Building Your Support System

You cannot do this alone. And you shouldn't have to.

Who you need in your corner

A healthcare provider who supports your approach (or at least respects it)

An accountability partner (friend, family member, or a Motivated Everyday™ coach who checks in regularly)

A community of people on similar journeys (online or in-person)

People who will celebrate your wins (no matter how small)

People who will speak truth to you with love when you're off track

Who you need to limit

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People who undermine your efforts

People who tempt you toward unhealthy choices

People who dismiss your health concerns

People who drain your energy and increase your stress

Your environment shapes your outcomes. Choose wisely who you surround yourself with during this transformation.

YOUR 90-DAY TRANSFORMATION ROADMAP

Month 1: Foundation & Baseline

Week 1

- ☐ Set up monitoring system (get BP monitor, start journal)
- ☐ Take baseline measurements (BP 5-6x daily)
- ☐ Begin 4-7-8 breathing practice (2x daily minimum)
- ☐ Start sleep optimization (wind-down routine, consistent sleep time)

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- ☐ Eliminate obvious sodium sources (processed foods, fast food, adding salt to meals)
- ☐ Begin daily gratitude practice
- ☐ Choose first herb to add (recommend starting with hibiscus tea—easy and effective)

Week 2

- ☐ Continue all Week 1 practices
- ☐ Add body scan relaxation (nightly before bed)
- ☐ Begin daily movement (20-30 minute walks)
- ☐ Add second herb if first herb is well-tolerated (recommend garlic or ginger)
- ☐ Increase high-potassium foods (add to each meal)
- ☐ Do first weekly review

Week 3

- ☐ Continue all previous practices

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- ☐ Add third herb if ready (recommend celery or hawthorn)
- ☐ Implement fiber increase (add high-fiber food to breakfast and dinner)
- ☐ Practice mind-muscle connection during walks (notice which muscles work, how body feels)
- ☐ Add five-minute mind dump technique as needed
- ☐ Check in with healthcare provider (show them your tracking and progress)

Week 4

- ☐ Continue all previous practices
- ☐ Add fourth herb if ready (recommend turmeric or cinnamon—easy to add to food)
- ☐ Increase daily movement to 30-40 minutes if comfortable
- ☐ Review first month data: what's working? what needs adjustment?
- ☐ Celebrate Month 1 completion!

Month 1 Goals

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Establish consistent monitoring routine

See initial BP reduction (even 5-10 points is significant)

Build foundation habits (sleep, stress reduction, movement)

Introduce 3-4 herbs safely and systematically

Increase body awareness and mind-muscle connection

Month 2: Optimization & Integration

Week 5

- ☐ Reduce monitoring to 3x daily (morning, afternoon, evening)
- ☐ Add resistance training 2x per week (bodyweight exercises)
- ☐ Consider adding L-citrulline or L-arginine if BP still elevated
- ☐ Refine nutrition: focus on eating the rainbow (colorful plates)
- ☐ Deepen stress reduction practice: try 10 minutes of body scan daily

Week 6

- ☐ Continue all practices

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- ☐ Increase resistance training to 3x per week if comfortable
- ☐ Add any remaining herbs you want to try (basil, parsley, others)
- ☐ Assess sleep quality: use Sleep Recharge guide for deeper optimization if needed
- ☐ Schedule mid-transformation check-in with healthcare provider

Week 7

- ☐ Continue all practices
- ☐ Fine-tune herb dosages based on your monitoring data
- ☐ Add variety to movement (try yoga, swimming, or tai chi)
- ☐ Use "How to Reduce Stress Right Now" guide for any specific stressors
- ☐ Connect with accountability partner or support community

Week 8

- ☐ Continue all practices
- ☐ Review second month: major patterns? breakthrough moments?

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☐ Adjust anything that's not working

☐ Double down on what IS working

☐ Celebrate Month 2 completion!

Month 2 Goals

See significant BP reduction (goal: into or approaching normal range)

Solidify habit stack (practices become automatic)

Optimize herb combination for YOUR body

Build strength and cardiovascular fitness

Deepen stress management and sleep quality

Month 3: Mastery & Sustainability

Week 9

☐ Reduce monitoring to 4-5x per week (still vary times)

☐ Increase exercise intensity gradually (add weight, reps, or complexity)

☐ Assess overall energy, mood, and quality of life changes

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☐ Share your story with someone (teaching reinforces learning)

☐ Plan for long-term sustainability

Week 10

☐ Continue all practices

☐ Identify biggest remaining challenge and address it specifically

☐ Use "How to Stay Motivated" guide to plan for maintaining changes

☐ Consider how to handle upcoming holidays, travel, or stressful periods

☐ Schedule 90-day check-in with healthcare provider

Week 11

☐ Continue all practices

☐ Reflect on transformation: physical, mental, emotional, spiritual changes

☐ Write letter to yourself about this journey (you'll treasure this later)

☐ Plan your maintenance protocol (what practices are non-negotiable?)

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- ☐ Consider ways to give back or support others on similar journeys

Week 12

- ☐ Continue all practices
- ☐ Complete 90-day assessment: measurements, photos, tracking review
- ☐ Celebrate your transformation!
- ☐ Set new health goals for next 90 days
- ☐ Commit to maintenance monitoring and practices

Month 3 Goals

Achieve blood pressure in normal range (or significantly improved)

Master the protocols so they feel natural, not forced

Build identity as "someone who prioritizes their health"

Create sustainable long-term practices

Experience profound improvements in overall quality of life

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CONCLUSION: THIS IS JUST THE BEGINNING

You made it. You read this entire guide. That alone sets you apart from most people.

But reading isn't enough. Knowledge without action is just entertainment.

So let me ask you: What are you going to do with what you've learned?

The Truth About Transformation

Transformation isn't comfortable. It requires you to change patterns you've had for years, maybe decades. It asks you to prioritize yourself in ways that might feel selfish. It demands consistency when you don't feel like it.

But here's what I know for certain: You are worth the effort.

Your life is worth fighting for. Your health is worth prioritizing. Your family deserves to have you around, healthy and vibrant, for decades to come.

That emergency room visit with 220/119 blood pressure? That was my wake-up call. Maybe you've had yours. Or maybe this guide IS your wake-up call.

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Either way, you have a choice to make right now.

The Choice Before You

Path 1: Close this guide. Tell yourself you'll start "someday" when things are less busy, less stressful, less complicated. Continue the same patterns. Hope things magically improve. Wake up in 5 years with the same problems—or worse.

Path 2: Start today. Not tomorrow. Not Monday. Not next month. TODAY. Choose one practice from this guide. Do it right now. Then do it again tomorrow. And the next day. Build momentum. Create the transformation you deserve.

Which path will you choose?

Your First Steps (Do These Today)

1. Take your blood pressure right now (following the proper protocol from this guide)
2. Practice 4-7-8 breathing for 3 cycles (this will lower your BP immediately and calm your nervous system)
3. Write down your "why" - (This is your motivation)- Why do you want to transform your blood pressure? What will your life look like when you succeed? Be specific. Be emotional. Make it real.

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4. Choose ONE herb to start tomorrow (I recommend hibiscus tea—buy some today)
5. Set your sleep time for tonight and commit to your wind-down routine starting 90 minutes before
6. Tell someone about your commitment (accountability increases success dramatically)

My Promise to You

If you commit to this protocol—truly commit, not just try—your blood pressure WILL improve.

But more than that:

You'll sleep better

You'll have more energy

You'll reduce anxiety

You'll feel more in control of your health

You'll inspire others around you

You'll add years to your life and life to your years

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This isn't just about blood pressure. This is about reclaiming your power. This is about refusing to be a victim of circumstances or statistics. This is about becoming the person you were always meant to be.

Remember This

Alignment is the key. When your actions align with your values, when your daily choices align with your long-term goals, when your body, mind, and spirit are in alignment—that's when transformation happens.

Motivation is the motion. Motivation isn't something you wait for—it's something you create through action. Start moving, and motivation will follow. Take one step, then another, and watch momentum build.

Premium Lifestyle is the result. When you prioritize your health, when you make yourself a priority, when you refuse to settle for anything less than your best life—that's when you create a truly premium lifestyle. Not defined by the amount of money or status, but by energy, vitality, peace, and purpose.

Your Transformation Starts Now

Right now, blood is flowing through your body. Your heart is beating. Your blood vessels are either thriving or struggling. You have the power to support them, to heal them, to strengthen them.

ALIGNMENT IS THE KEY. MOTIVATION IS THE MOTION.

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You have everything you need in this guide. You have the knowledge. You have the protocols. You have the roadmap.

The only question left is: Do you have the commitment?

I believe you do. I believe you picked up this guide for a reason. I believe something inside you is ready for change.

So let's do this. Together.

Join the Motivated Everyday™ Community

You don't have to do this alone. Connect with others on the same journey:

Share your progress (celebrate your wins, no matter how small)

Ask questions (there are no stupid questions in your health journey)

Support others (teaching others reinforces your own learning)

Get encouragement when you need it

Celebrate milestones together

Follow us on social media:

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Share this guide with someone who needs it. You never know whose life you might save.

One Final Word

That day in the emergency room, when they told me my blood pressure was 220/119, I made a decision.

I decided I wasn't going to be a statistic.

I decided I was going to take control.

I decided I was going to do whatever it took.

I decided my health—my LIFE—was worth fighting for.

Today, I'm asking you to make the same decision.

Decide right now:

You will not be a statistic

You will take control

You will do whatever it takes

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Your health is worth fighting for

Your life is worth living fully

You've got this. I believe in you. And I'm honored to be part of your journey.

Now go take that first step.

REMEMBER

Alignment is the key.

Motivation is the motion.

Premium Lifestyle is the result.

ALIGNMENT IS THE KEY. MOTIVATION IS THE MOTION.

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ADDITIONAL RESOURCES

For more information on natural approaches to cardiovascular health:

Reputable Organizations

American Heart Association: www.heart.org

National Center for Complementary and Integrative Health:
www.nccih.nih.gov

Mayo Clinic: www.mayoclinic.org

Cleveland Clinic: www.clevelandclinic.org

Herb Safety Information

Natural Medicines Database: www.naturalmedicines.com

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Memorial Sloan Kettering Cancer Center Herb Database:

www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs

NIH Office of Dietary Supplements: www.ods.od.nih.gov

Blood Pressure Monitoring

American Heart Association - How to Monitor Your Blood Pressure:

www.heart.org

Validated Blood Pressure Monitors List: www.validatebp.org

IMPORTANT FINAL DISCLAIMER

This guide provides educational information only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your healthcare provider before making changes to your health regimen.

Blood pressure management requires ongoing medical supervision. Never stop taking prescribed medications without consulting your doctor.

Monitor your blood pressure regularly and report changes to your healthcare team.

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Individual results vary. The protocols in this guide worked for the author but may not work the same for everyone. Your body is unique, and your approach should be personalized with the guidance of qualified healthcare professionals.

If you experience any concerning symptoms or side effects, discontinue use and consult your healthcare provider immediately.

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ABOUT THE AUTHOR

David Fennell is the founder of Motivated Everyday™ and Prime Motivation Premium Lifestyle™ a premium wellness brand built at the intersection of functional medicine, traditional herbal wisdom, and high performance living. As a herbalist, David bridges the gap between ancient plant-based protocols and the modern demands facing entrepreneurs, 1099 contractors, and driven professionals who refuse to sacrifice their health for their hustle. His work is rooted in a single core belief: alignment is the key, motivation is the motion, and premium lifestyle is the result. Through The Alignment Circle™ membership community, the Aligned & Alive™ radio platform, and the Root Cause Read™ editorial series, David has built an ecosystem dedicated to helping high-achieving men and women understand the root causes of their health challenges, not just manage the symptoms. The Blood Pressure Reset Protocol™ is the direct expression of that mission: a practical, herbalist-informed framework designed to help you reclaim cardiovascular health from the inside out.

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For additional resources, coaching, and support on your health transformation journey, send us an email support@motivatedeveryday.net

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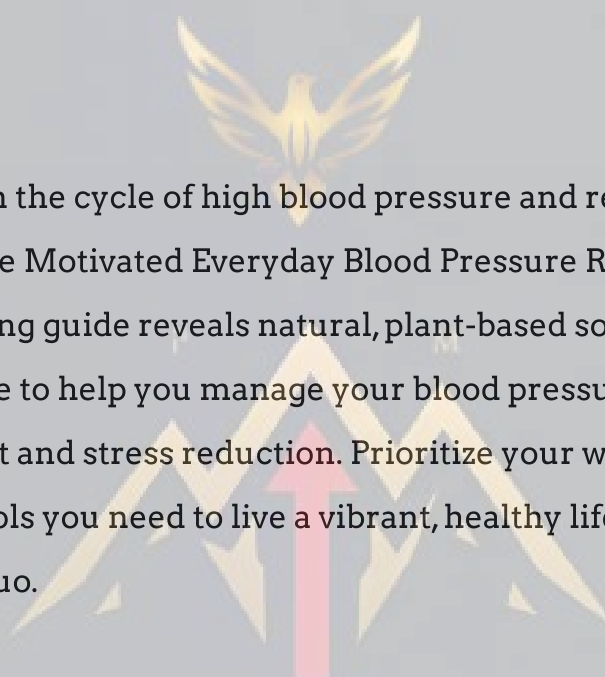
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Your transformation begins now.

The Motivated Everyday The Blood Pressure Reset Protocol™



Break free from the cycle of high blood pressure and reclaim your health with "The Motivated Everyday Blood Pressure Reset Protocol™." This empowering guide reveals natural, plant-based solutions backed by modern science to help you manage your blood pressure effectively, beyond just diet and stress reduction. Prioritize your well-being and discover the tools you need to live a vibrant, healthy life without settling for the status quo.

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— ALIGNMENT IS THE KEY. —
MOTIVATION IS THE
MOTION. PREMIUM
LIFESTYLE IS THE
RESULT.