

Read what John D. has to say after carefully following the guidance provided in the Lowering High Blood Pressure Naturally class!

“I was on two separate blood pressure medications and a statin medication. I really did not like the side effects. I heard about the lowering blood pressure naturally class and gave it a try. The class is set up well with a phone app to use with the Rec center fitness app. Once you join, the app is free and has virtual fitness classes for home use. It incorporated the Dash diet and daily workout regiments, there are recipes for low sodium and low saturated fat meals. Helpful information about supplements and also meditation and deep breathing exercises. On the app there is a section to monitor and track progress in blood pressure readings, heart rate, weight, etc. I followed the regimen closely and soon found out that I could drop my BP. Sandra Holterhaus does an excellent job at setting the class up and is always ready to answer your questions. The end result: I dropped one BP med completely and the other dropped in half. Also, the statin was dropped in half. And my BP is exceptional to normal.”