

Week 9

Cut back on Caffeine



Did you know...

- Just 3 cups of coffee can raise your blood pressure by as much as 4mm
- Caffeine shrinks the blood vessels, sending a signal to your heart to pump more blood
- This influx of blood then causes a rise in your blood pressure

A natural way to lower blood pressure...

- Switch to half-caf or decaf
- Try a coffee alternative :
Teccino
Yerba Mate

Teas made from chicory root

These alternatives are delicious, healthy (rich in antioxidants, vitamins and minerals) and available at health food stores.