

# EAT WELL - MOVE WELL - THINK WELL®

## Living the Innate Lifestyle™

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### Healthy Lifestyle the Best Treatment for High Blood Pressure and Cholesterol

Gibbs et al. Physical Activity as a Critical Component of First-Line Treatment for Elevated Blood Pressure or Cholesterol: A Scientific Statement From the American Heart Association. *Hypertension* 2021; 77:00-00. DOI: 10.1161.

#### QUOTE BOARD:

"Current guidelines published by the American Heart Association and the American College of Cardiology broadly recommend lifestyle approaches to prevent and treat elevated blood pressure and cholesterol."

"For patients with mildly or moderately elevated blood pressure and blood cholesterol, lifestyle-only [NO DRUGS] approaches are the first line of therapy."

"An estimated 21% and 28% to 37% of US adults, respectively, have mild-moderate-risk blood pressure and cholesterol and should receive lifestyle-only as first-line treatment."

"Physical activity assessment and prescription are an excellent lifestyle behavior treatment option for all patients, including for the large population of mild-moderate-risk patients with elevated blood pressure and blood cholesterol."

"All adults should strive to adopt and maintain optimal lifestyle behaviors to improve and sustain health, including cardiovascular health."

#### What You Need to Know:

The reason that healthy lifestyle has such tremendous benefits for those with high blood pressure, high cholesterol, and every other chronic illness including cancer, diabetes, obesity, arthritis, digestive issues, and depression, is because unhealthy lifestyle is the root underlying cause of chronic illness.

The research is so overwhelmingly conclusive that even the American Heart Association and American College of Cardiology are stating that most patients should receive lifestyle ONLY intervention. How far we have come in the last decade!

Not only does lifestyle help treat chronic illness, it also, unlike drugs, can prevent it. Further, all the side-effects of healthy lifestyle are positive whereas we are all familiar with the debilitating negative side-effects of prescription medications.

#### What You Need to Do:

Everyone needs to learn how to Eat Well - Move Well - Think Well®, not just to lessen the effects of and recover from chronic illness, but to prevent chronic illness and, perhaps most importantly, to promote a high quality of life full of energy, optimism, gratitude, and enjoyment.

Create a daily routine of emotional and physical exercise. Eat fresh foods full of nutrients. Drink clean water. Limit processed foods and sugar. Consider eliminating wheat and gluten from your diet.

If you need help, consider the Eat Well Move Well Think Well® On-Line Lifestyle Plan. For more information ask your practitioner or visit [www.eatwellmovewellthinkwell.com](http://www.eatwellmovewellthinkwell.com)