NATURAL HEART DOCTOR

HOME HEALTH GUIDE

Monitoring Your Blood Pressure at Home

All you need to know about assessing your blood pressure every day.

You spend most of your time at home — but you can also apply these strategies on the go. Follow these three simple steps.

1 Use a quality BP cuff

Make sure you have a reliable, properly sized blood pressure cuff. We recommend **THIS cuff**.

2 Settle in before you measure

Put on the cuff and wait at least two minutes before starting the monitor.

3 Position yourself correctly

- Arm supported
- Cuff at heart height
- Directly on bare skin
- Feet flat on the ground

Check your BP every day, preferably at different times. Also record your pulse. Put your readings into a diary and show your physician.

Learn more about our Natural Treatment Solutions to High Blood Pressure — click here. →

For our BP Support supplement stack, click here. →

Educational content only and not a substitute for individualized medical advice. Review your readings with your physician.