

LIFESTYLE TIP OF THE MONTH - September 2023

IMPACT OF CHOICE OF DRINK ON BLOOD PRESSURE



-Making a simple choice with what you drink can drastically lower your **blood pressure**.



- Research printed in the National Library of Medicine shows an intake of nitrates can improve your reading.



-According to one of the studies beet juice, is a "cost-effective strategy that might reduce blood pressure".



-It was noted that the drink "significantly decreases the risk of cardiovascular events. So, it's not just blood pressure that can improve but also overall health.



-Long-term effects of drinking beet juice on health not known.