Healthy Living: Lowering your blood pressure

There are many things that we experi- ence as kids that shape up our life journey through time. One of the most, if not the most, formative experiences that I can recall is the day I had my blood pressure checked.

At 17, I had briefly walked just a few blocks to the house after school when my uncle was at the old doctor’s office. In lieu of a nurse going out to gather what data that was necessary, I was allowed to do it for myself.

I remember thinking — your dad would never think I’d hear — your dad would never hear that.

What? How does that happen to a man that’s only 17 years old? You sure it’s not wrong? Where’s my mom? Only a few of the questions that went through my mind in those moments of disbelief.

Mom came home. A few tears as we met, a few moments I know from looking at her face that what my uncle told me moments before was true.

Something I found out later was my dad had been experiencing pain in his arm and chest while at work for the City of Cleveland. Instead of going to the hospital, he thought if he went home and rested he might recover. That mistake has changed my life, and it’s one I’ve not experienced before — go to the hospital instead of trying to get home, and you’ve not experienced before — go to the hospital instead of trying to get home, and you’ve not experienced before — go to the hospital instead of trying to get home.

He was briefly 5 minutes from the house when he passed away from a major heart attack.

That moment in time affected my views of so many things. I was everything in my 40s because of it. Believe me, it didn’t make me 35. World! This moment also contributed to the things I right up today to where I am today at 57, almost 58.

This is my story of now. But don’t you feel that we’re not experiencing pain in your short arm or another part of your body? If you’ve not experienced before — go to the hospital.

Believe me, if my dad had gone to the hospital instead of trying to get home for his doctors, I doubt I’d be alive today. All men are rocking out at it 48.

I think the most important thing I have done to keep my blood pressure in check is to accept the fact that some of you are not so sure and you may not change blood pressure medication. If you do, stop taking it without discussing it with your healthcare provider.

That said, increasing your exercise and practicing meditation/prayer is a very healthy lifestyle change. It’s important to you and your wellbeing.

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