

# June Newsletter

## HYPERTENSION & OBESITY



June 1, 2017

### What is Hypertension?

Hypertension (high blood pressure) refers to the pressure that blood applies to the inner walls of the arteries. Overweight individuals have an increase in fatty tissue that increases their vascular resistance and in turn increases the work that the heart has to do to pump blood throughout the body. Normal blood pressure is 120 systolic and 80 diastolic. Hypertension is 140-159 systolic and 90-99 diastolic.

### Treating Hypertension

Generally treated with medications, however weight loss can reduce or eliminate the need to take medication.

### Knowing Your Risk for Hypertension

Indicators for risk of hypertension include obesity, abdominal obesity and weight gain. Obesity is measured by BMI, which is determined by weight and height. Normal BMI is 20-25, overweight is 25-29.9 and obese is greater than 30. Men with a waist circumference of greater than 40 inches and females greater than 35 inches are at the greatest risk of developing hypertension along with other serious health problems including heart disease and diabetes.

### Weight Loss and Hypertension

Weight loss can lead to a “significant” drop in blood pressure. As little as a 10% weight loss produced an average of 4.3/3.8 fall in blood pressure according to studies.

### ChiroThin Weight Loss Program

The ChiroThin Weight Loss Program is a doctor supervised weight loss program eating real food without packaged foods, shakes and bars. Most patients lose 20-35 lbs in just 6 weeks. Losing 20-35 lbs reduces hypertension sometimes to normal levels, reduces the risk of heart disease and Type II diabetes.

I have personally seen many people who have done the ChiroThin Weight Loss Program reduce or eliminate hypertensive medications, improve their quality of life and become happier, more productive people.

If you are ready for a change, and want your health back, contact us to schedule a FREE no obligation consultation to determine if the program is for you at 724-223-0590!

***Our methods are unique...***because they are unique, we are often able to get results that no one else can!

Check out our website [drwinkonline.com](http://drwinkonline.com)



DOCTOR SUPERVISED  
**CHIROTIN**  
WEIGHT LOSS PROGRAM

