

H.E.A.L. QUICK[®] HEART MIRACLE[®] BP

The Blood Pressure Support Guide

7 Daily Levers for Healthier Blood Pressure Habits

Sleep • Hydration • Exercise • Stress • Minerals • Weight • Diet

Educational guide. Not medical advice. Always follow your healthcare professional's guidance.

A Simple Guide to Supporting Healthy Blood Pressure

Use this as a practical companion to Heart Miracle®BP and a healthier daily routine.

Blood pressure is not controlled by one habit. It reflects how well your arteries relax, how much fluid your body holds, how hard your heart has to pump, and how consistently your nervous system can shift out of stress mode.

This guide focuses on seven levers you can actually practice: sleep, hydration, exercise, stress, minerals, weight, and diet. Heart Miracle®BP is positioned as botanical vascular support, while these daily habits build the foundation that makes healthy pressure easier to maintain.

Important safety note

Do not stop, start, or change prescribed blood pressure medication without your healthcare professional. If you are taking medication, have a medical condition, are pregnant, nursing, under 18, or are considering higher potassium intake, ask your clinician first.

1. Sleep	Aim for consistent, restorative sleep so stress hormones and vascular tone can reset overnight.
2. Hydration	Keep fluid balance steady. Dehydration can make the heart work harder and may affect readings.
3. Exercise	Use walking, strength training, and gentle cardio to improve vessel function and fitness.
4. Stress	Train the nervous system with slow breathing, prayer, quiet time, and relaxation routines.
5. Minerals	Focus on magnesium-rich foods and a better sodium-to-potassium balance.
6. Weight	When needed, even modest fat loss can reduce the workload on the cardiovascular system.
7. Diet	Build meals around DASH-style foods: plants, fiber, lean proteins, and lower sodium choices.

A good first goal: track your morning and evening readings, then track the seven levers beside them. Patterns matter more than one isolated number.

Chapter 1: Know Your Numbers

You cannot improve what you do not measure consistently.

Blood pressure is recorded as systolic over diastolic. Systolic is the pressure while the heart beats. Diastolic is the pressure while the heart rests between beats.

Category	Systolic	Diastolic	What it means
Normal	Less than 120	& Less than 80	Stay consistent with heart-healthy habits.
Elevated	120-129	& Less than 80	Early warning. Use lifestyle changes to prevent progression.
Stage 1 Hypertension	130-139	Or 80-89	Recheck and work with your health professional.
Stage 2 Hypertension	140 or higher	Or 90 or higher	Lifestyle changes and medication may be needed.
Severe / Crisis	Higher than 180	and/or higher than 120	Retake after 1 minute. Call 911 if symptoms are present.

Measure correctly:

- ✓ Sit quietly for 5 minutes before measuring.
- ✓ Use the same arm when possible and keep it supported at heart level.
- ✓ Feet flat, back supported, cuff on bare skin, and do not talk during the reading.
- ✓ Take 2 readings at least 1 minute apart and record the average.
- ✓ Take readings at consistent times so you can compare trends.

When to get help

If your blood pressure is higher than 180 and/or 120 mm Hg, wait at least 1 minute and take it again. If it stays high, contact a healthcare professional. If you also have chest pain, shortness of breath, back pain, numbness, weakness, vision change, or difficulty speaking, call 911.

Sources: American Heart Association blood pressure categories and emergency guidance. [1]

Chapter 2: Sleep - Your Overnight Reset

Poor sleep can keep the body in a higher-alert state and make healthy readings harder to maintain.

Sleep is when your cardiovascular system gets a break. A consistent sleep rhythm supports lower evening stress, healthier morning readings, better appetite control, and more energy to exercise.

The practical target:

- ✓ Aim for 7-9 hours of sleep opportunity most nights.
- ✓ Keep wake time consistent, even after a rough night.
- ✓ Stop heavy meals, intense work, and bright screens close to bedtime when possible.
- ✓ Use a 10-minute wind-down: dim lights, slow breathing, prayer or quiet reading.
- ✓ Watch for snoring, choking, or daytime sleepiness. Sleep apnea is a common hidden driver of high readings.

Tonight's simple win

Set a bedtime alarm 45 minutes before bed. Use it to start winding down instead of waiting until you are already exhausted.

Chapter 3: Hydration - Keep Pressure and Flow Steady

Hydration is not just about drinking more water. It is about steady fluid balance.

When you are under-hydrated, your body may compensate by holding onto fluid and tightening blood vessels. At the same time, chugging water without minerals may not solve the problem. A steady rhythm works best.

Daily hydration plan:

- ✓ Start the day with water before caffeine.
- ✓ Use urine color as a rough guide: pale yellow is a useful target for many people.
- ✓ Drink more with heat, sweating, travel, high-fiber meals, or exercise.
- ✓ Avoid stacking too much caffeine without water, especially before measurements.
- ✓ Ask your clinician about fluid limits if you have kidney disease, heart failure, or are on diuretics.

Quick habit

Place a water bottle where you take your morning blood pressure. Record hydration on your tracker so you can see if low-water days correlate with higher numbers.

Chapter 4: Exercise - Train the Arteries

The goal is not punishment. The goal is better circulation, insulin sensitivity, and vascular flexibility.

Regular physical activity is one of the most reliable lifestyle levers for blood pressure support. It helps vessels relax, improves weight control, and makes stress easier to clear from the body.

A realistic weekly template:

Habit	Target	Example
Walking / cardio	Most days	10-30 minutes brisk walking, cycling, elliptical, or swimming
Strength	2-3 days/week	Push-ups, rows, squats, hip hinges, resistance bands
Mobility	Daily 5 minutes	Calves, hips, back, chest, breathing drills
After-meal movement	Optional booster	5-10 minute walk after larger meals

- ✔ Warm up gradually. Blood pressure rises during exercise, then generally improves afterward.
- ✔ Do not hold your breath during lifting. Exhale through effort.
- ✔ If you feel chest pain, faintness, unusual shortness of breath, or neurologic symptoms, stop and seek medical help.
- ✔ Start with the smallest plan you can repeat. Consistency beats intensity.

Source: American Heart Association lifestyle guidance includes regular physical activity as part of blood pressure management. [2]

Chapter 5: Stress - Shift Out of Fight-or-Flight

Stress raises pressure through adrenaline, cortisol, muscle tension, and breathing patterns.

You cannot remove every pressure from life, but you can train your body to recover from pressure faster. The most practical tool is slow breathing because it is available anywhere.



Inhale for 4 seconds. Hold gently for 4 seconds. Exhale slowly for 6 seconds. Repeat 5 rounds. Keep shoulders relaxed.

Daily stress plan:

- ✓ Take 2-5 minutes of slow breathing before checking blood pressure.
- ✓ Schedule one short decompression block daily: prayer, quiet walk, stretching, or journaling.
- ✓ Reduce late-night news, conflict, and work tasks that keep the body activated.
- ✓ Use a weekly Sabbath-style recovery block when possible. Your body needs a real off-ramp.
- ✓ Watch caffeine timing. It can compound stress and distort readings for some people.

Source: American Heart Association guidance includes stress management as a lifestyle change that may improve blood pressure. [2]

Chapter 6: Minerals - Magnesium and the Sodium/Potassium Balance

The issue is rarely salt alone. It is the overall mineral pattern.

Sodium helps the body hold fluid. Potassium helps the body balance sodium and supports normal vessel function. Magnesium supports normal muscle and vascular relaxation. The goal is not to eliminate sodium. The goal is a healthier ratio.

Food-first mineral strategy:

Mineral focus	Best food moves	Notes
Magnesium	Pumpkin seeds, almonds, spinach, black beans, dark chocolate, oats	Consider glycinate or citrate only if your clinician says it fits your situation.
Potassium	Beans, lentils, potatoes, avocado, spinach, bananas, yogurt, salmon	Do not supplement potassium without medical guidance if you have kidney disease or take ACE inhibitors, ARBs, spironolactone, or similar medications.
Sodium	Limit packaged foods, restaurant meals, salty sauces, processed meats, chips	Aim first to reduce hidden sodium, not just the salt shaker.

Practical target

For most people, the easiest upgrade is simple: eat more potassium-rich whole foods while reducing high-sodium packaged foods. DASH emphasizes foods rich in potassium, calcium, magnesium, fiber, and protein while being lower in sodium. [3]

Chapter 7: Weight - Reduce the Load on the System

Weight is not a moral issue. It is a workload issue for the heart and blood vessels.

If you carry extra body fat, especially around the waist, the body often needs more pressure to move blood through a larger, more inflamed system. The best approach is not crash dieting. It is a repeatable rhythm that lowers insulin spikes, cravings, and late-night eating.

The 4 habits that usually move weight without extremes:

- ✓ Protein at each meal: fish, poultry, eggs, Greek yogurt, beans, lentils, tofu, or lean meats.
- ✓ High-fiber plants daily: vegetables, fruit, beans, oats, chia, flax, and whole grains.
- ✓ Liquid calories down: reduce sweet drinks, heavy juices, and frequent high-calorie coffee drinks.
- ✓ A 12-hour overnight eating break: for example, finish by 7:30 p.m. and breakfast after 7:30 a.m.

Better goal than the scale alone

Track waist, energy, sleep quality, and blood pressure. A smaller waist with steadier readings is often more meaningful than one weekly scale number.

Source: American Heart Association guidance includes reaching and maintaining a healthy weight as part of blood pressure management. [2]

Chapter 8: Diet - The DASH-Style Plate

Food can either stiffen the system or support vascular flexibility.

The DASH eating plan is a flexible, balanced eating style designed to support heart health. It emphasizes vegetables, fruit, whole grains, low-fat or fat-free dairy, fish, poultry, beans, nuts, and vegetable oils while limiting saturated fat, sugary beverages, sweets, and sodium.

Build the plate:

Half plate	Vegetables or fruit	Leafy greens, peppers, broccoli, berries, citrus
Quarter plate	Protein	Fish, chicken, turkey, beans, lentils, tofu, eggs, Greek yogurt
Quarter plate	Smart carbs	Oats, brown rice, quinoa, sweet potatoes, beans, whole-grain bread
Add-on	Healthy fats	Olive oil, avocado, nuts, seeds
Limit	BP pressure raisers	High-sodium packaged foods, fried foods, sweets, processed meats, excess alcohol

- Breakfast:** oatmeal with berries, chia, walnuts, and Greek yogurt.
- Lunch:** salmon or beans over greens with olive oil vinaigrette and fruit.
- Dinner:** chicken or lentils, sweet potato, roasted vegetables, and a side salad.
- Snack:** pumpkin seeds, apple, or unsalted nut mix.

Source: NHLBI DASH eating plan overview, food groups, sodium target, and nutrient emphasis. [3]

Chapter 9: Where Heart Miracle[®]BP Fits

The supplement supports vascular health. The habits build the environment.

Unlike single-ingredient formulas, this advanced blend is designed to support the vascular system through 5 critical biological pathways—helping your body maintain healthy blood flow, vessel flexibility, and cardiovascular resilience. Your vascular system is responsible for delivering oxygen and nutrients to every cell in your body.

5-PATHWAY VASCULAR MATRIX™

Path 1: Endothelial Function
Supports the inner lining of blood vessels for healthy dilation and flow.

Path 2: Circulation & Nitric Oxide Support
Promotes efficient blood flow and oxygen delivery throughout the body.

Path 3: Oxidative Stress Defense
Provides powerful antioxidants to help protect blood vessels from damage.

Path 4: Arterial Flexibility
Supports elasticity of blood vessels for healthy pressure response.

Path 5: Vascular Integrity
Helps maintain strong, resilient blood vessels over time.

H.E.A.L. QUICK[®]
Health, Energy, And Love

**HEART
MIRACLE[®]
BP**

Complete Herbal BLOOD PRESSURE Support

Arterial Health • Vascular Function
Circulation • Oxidative Stress Defense

Advanced Highly Concentrated
Botanical Extract Formula

5-PATHWAY VASCULAR MATRIX™

120 Capsules (60 Servings) Dietary Supplement

Supplement Facts

Serving Size: **2 Capsules** Servings Per Bottle: **60**

5-Pathway Vascular Matrix™ - 1,050 mg†

Olive Leaf Extract (Standardized to 20% olea europaea)

Aronia Fruit Extract (Standardized to 40% polyphenols)

Grape Seed Extract
(Standardized to 95% oligomeric proanthocyanidins (OPCs))

Aged Garlic Extract (bulb)
(Standardized to 1% S-allyl-cysteine (SAC))

Other ingredients: Vegetable cellulose (capsule), magnesium stearate and silica. †Daily Value not established.

Directions: Take two (2) capsule twice daily for the first 30 days. After 30 days, take two (2) capsules daily. Those seeking additional support may continue taking four (4) capsules daily. Monitor your body's response and adjust as needed, or directed by your healthcare practitioner.

See HealQuick.com/wepromise for easy refund info if you are not Totally Satisfied. Do not buy if seal is broken. Store in cool, dry place.

CAUTION: If you are taking medication or have a medical condition, consult your doctor before using. Do not use if you are pregnant, nursing or under 18.

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Rev 0726A

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Product source: Heart Miracle[®]BP label, Rev 0726A. [4]

Your 30-Day Blood Pressure Support Plan

One habit from each principle. Repeat for 30 days and track patterns.

Week	Focus	Actions
Week 1	Measure + Sleep	Measure correctly twice daily. Set a consistent wake time. Add 10-minute wind-down.
Week 2	Hydration + Minerals	Water before caffeine. Add 1 potassium-rich food and 1 magnesium-rich food daily.
Week 3	Exercise + Stress	Walk 10-20 minutes most days. Use 4-4-6 breathing before readings.
Week 4	Weight + Diet	Build DASH-style plates. Reduce packaged sodium. Keep protein and fiber high.

Daily scorecard:

Give each category a score from 1 to 10: sleep, hydration, exercise, stress, minerals, weight routine, and diet. A perfect day is not required. The goal is to learn which levers affect your readings most.

What success looks like

More consistent readings, better energy, less stress reactivity, improved sleep, and a clearer picture of your personal triggers. Share your log with your healthcare professional if your readings stay elevated or change suddenly.

Blood Pressure Record Sheet

Print this page and use it morning and evening.

Date/Time	BP	Pulse	Caps	Sleep	Hydration	Exercise	Stress	Minerals	Diet	Notes

Use 1-10 scores for sleep, hydration, exercise, stress, minerals, and diet. For the Caps column, indicate how many Heart Miracle® BP capsules taken. Notes can include caffeine, salty meal, travel, pain, medication timing, illness, or unusual stress.

References and Safety Notes

[1] American Heart Association. Understanding Blood Pressure Readings. Includes categories for normal, elevated, Stage 1, Stage 2, severe hypertension, and emergency symptoms. Accessed July 2026.

[2] American Heart Association. How to Manage High Blood Pressure. Includes heart-healthy lifestyle actions such as balanced diet, regular physical activity, stress management, healthy weight, medication adherence, and clinician partnership. Last reviewed Aug. 14, 2025.

[3] National Heart, Lung, and Blood Institute. DASH Eating Plan. Describes the DASH eating pattern, daily servings, sodium goals, and focus on potassium, calcium, magnesium, fiber, and protein. Last updated Feb. 25, 2026.

[4] Heart Miracle® BP product label, Rev 0726A. 5-Pathway Vascular Matrix™, ingredient list, directions, cautions, and FDA dietary supplement disclaimer.

FDA disclaimer

These statements have not been evaluated by the FDA. This product is sold as a nutritional supplement and is not intended to diagnose, treat, cure, or prevent any disease.

Educational use only. This guide is not a diagnosis, treatment plan, or substitute for medical care. Consult a healthcare professional for persistent, severe, or suddenly changing blood pressure readings.