

Eat Well, Sleep Well

Supplementary Participant Materials for Session #2 of “Thirty Days to Natural Diabetes and High Blood Pressure Control”

A. Foods That Are Rich in Blood-Pressure-Lowering Constituents

Figure 5.7 from
“Thirty Days to
Natural Blood
Pressure
Control”

The following foods have been found to contain blood-pressure-lowering ACE inhibitors

Broccoli	Mung Beans	Soybeans
Buckwheat	Mushrooms	Spinach
Chickpeas	Peanuts	Sunflowers
Corn	Potatoes	Wheat
Garlic	Rice	

Note: All of the tables in this handout are taken from Thirty Days to Natural Blood Pressure Control by David DeRose, MD, MPH, Greg Steinke, MD, MPH, and Trudie Li, MSN, FNP. The book is most easily obtained in a variety of formats on Amazon (eBook/Kindle, hardcover, softcover, and audiobook).

Use the following link for a free video overview of the book: <https://youtu.be/rnnGYSuC6T4>

Use the following link to purchase the book on Amazon: <https://www.amazon.com/gp/product/1942730020>

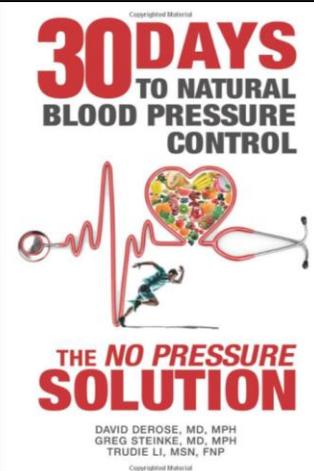


Figure 5.4 Magnesium Champions

Top food sources of magnesium in the 2015 USDA database based on amount of magnesium found in a one cup serving. (The data below is essentially unedited, deletions only being made for multiple forms of the same food item.*)

	Food Item	Weight (grams)	Magnesium content
1	Rice bran, crude	118	922
2	Molasses	337	816
3	Seeds, pumpkin and squash seed kernels, dried	129	764
4	Mothbeans, mature seeds, raw	196	747
5	Seeds, cottonseed flour, partially defatted (glandless)	94	678
6	Hyacinth beans, mature seeds, raw	210	594
7	Yardlong beans, mature seeds, raw	167	564
8	Seeds, watermelon seed kernels, dried	108	556
9	Cowpeas, catjang, mature seeds, raw	167	556
10	Mungo beans, mature seeds, raw	207	553
11	Soybeans, mature seeds, raw	186	521
12	Seeds, sesame seed kernels, dried (decorticated)	150	518
13	Soybean, curd cheese	225	513
14	Nuts, brazilnuts, dried, unblanched	133	500
15	Amaranth grain, uncooked	193	479

* For example, pumpkin and squash seeds occur once only in the "top 15 list," whereas in the actual database they appear several times, owing to different "forms" of these foods; e.g., salted vs. unsalted, roasted vs. dried.

Figure 5.6 Calcium Champions

Top food sources of calcium in the 2015 USDA database (in terms of nutrient density; mg of calcium per calorie). The graphic below is an essentially unedited list featuring all whole foods (i.e., processed and combined foods were excluded such as fortified cereals, etc.) Note: also excluded were condiments (due to their use in limited quantities) and multiple forms of a given food (e.g., the USDA database lists multiple preparations of mustard spinach, amaranth leaves, and pak-choi).

	Food Item	Serving Size	Wt (in g)	kcal	Ca in mg	Ca/kcal
1	Stinging Nettles, blanched (Northern Plains Indians)	1.0 cup	89	37	428	11.57
2	Nopales (cactus pads), cooked, without salt	1.0 cup	149	22	244	11.09
3	Butterbur, canned	1.0 cup, chopped	124	4	42	10.50
4	Tofu, various preparations, prepared with calcium sulfate	1.0 cup, block	11	13	135	10.38
5	Watercress, raw	1.0 cup, chopped	34	4	41	10.25
6	Amaranth leaves, raw	1 cup	28	6	60	10.00
7	Mustard spinach, (tender-green), cooked, boiled, drained, without salt	1.0 cup, chopped	180	29	284	9.79
8	Rhubarb, frozen, uncooked	1.0 cup, diced	137	29	266	9.17
9	Turnip greens, canned, solids and liquids	0.5 cup	117	16	138	8.63
10	Cabbage, chinese (pak-choi), raw	1.0 cup, shredded	70	9	74	8.22
11	Lambquarters, cooked, boiled, drained, without salt	1.0 cup, chopped	180	58	464	8.00
12	Cheese, Swiss, nonfat or fat free	1.0 serving	28	36	269	7.47
13	Collards, raw	1.0 cup, chopped	36	12	84	7.00
14	Cheese, mozzarella, nonfat	1.0 cup, shredded	113	159	1086	6.83
15	Cheese, American, nonfat or fat free	1.0 serving	19	24	150	6.25

Key: Wt (in g) = weight in grams; kcal = calories in the specified serving size; Ca in mg = mg of calcium per serving ; Ca/kcal = mg calcium per calorie

Figure 5.5 Potassium Champions

Top food sources of potassium in the 2015 USDA database (in terms of nutrient density; mg of potassium per calorie). The graphic below is an unedited list featuring all whole foods (i.e., processed and combined foods were excluded, such as juices, mixed salads, etc.) Note: multiple forms of a given food were also excluded.

	Food Item	Serving Size	Wt (in g)	kcal	K in mg	K/kcal
1	Bamboo shoots, cooked, boiled, drained, with salt	1.0 cup (.5" slices)	120	13	640	49.23
2	Butterbur, (fuki), raw	1.0 cup	94	13	616	47.38
3	Beet greens, raw	1.0 cup	38	8	290	36.25
4	Cabbage, Chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cup, shredded	170	20	631	31.55
5	Amaranth leaves, cooked, boiled, drained, without salt	1.0 cup	132	28	846	30.21
6	Taro shoots, raw	0.5 cup slices	43	5	143	28.60
7	Chrysanthemum, garland, cooked, boiled, drained, without salt	1.0 cup (1" pieces)	100	20	569	28.45
8	Cabbage, Japanese style, fresh, pickled	1.0 cup	150	45	1280	28.44
9	Watercress, raw	1.0 cup, chopped	34	4	112	28.00
10	Spices, chervil, dried	1.0 tsp	.6	1	28	28.00
11	Chard, Swiss, cooked, boiled, drained, with salt	1.0 cup, chopped	175	35	961	27.46
12	Purslane, cooked, boiled, drained, without salt	1.0 cup	115	21	561	26.71
13	Celtuce (a celery-lettuce cross), raw	1.0 leaf	8	1	26	26.00
14	Parsley, freeze-dried	1.0 tbsp	0.4	1	28	25.00
15	Squash, zucchini, baby, raw	1.0 large	16	3	73	24.33

Key: Wt (in g) = weight in grams; kcal = calories in the specified serving size; K in mg = mg of potassium per serving (note: "K" is the chemical abbreviation for potassium); K/kcal = mg potassium per calorie

Figure 9.5 Sleep Hygiene Principles

- ✔ **Exercise Regularly** for at least 30 minutes daily, preferably more than four hours prior to bedtime. Exercise closer to bedtime stimulates some individuals and will make it more difficult for them to sleep.
- ✔ **Get Bright Light Exposure During the Day.** Bright light exposure early in the day helps you fall asleep. Bright light exposure just prior to sunset helps individuals sleep through the night.
- ✔ **Keep Evening Meals Light – at Least Four Hours Before Bedtime.** Although late night eating can make you feel sleepy, a rising blood sugar will undermine the production of growth hormone, a compound that even adults need to get peak rejuvenation from sleep.
- ✔ **Avoid Caffeinated Beverages.** Caffeine after lunchtime may erode sleep quality. Even earlier in the day, caffeine may affect sleep by lowering melatonin levels.
- ✔ **Avoid Alcohol.** Late afternoon and early evening alcohol intake interfere with sleep architecture (the normal rhythmicity of sleep which is necessary for optimal restoration); alcohol at other times erodes resolve, making it easier to neglect to practice good lifestyle habits throughout the day.
- ✔ **Avoid Nicotine Intake.** Nicotine isn't your friend when it comes to blood pressure, or health in general. If you still haven't made a complete break, avoid this stimulant for at least four hours before bedtime to get the best sleep.

Figure 9.5 Sleep Hygiene Principles (continued)

- ✔ **Avoid High-Risk Naps.** Naps that are longer than 30 minutes or later in the day (after 3 PM) are more likely to interfere with sleep.
- ✔ **Maintain a Regular Sleep Schedule,** even on the weekends. Your body functions best when it can lock into a daily *circadian* rhythm. If you get up at the same time each day, your body will properly time the release of hormones like cortisol, so you'll be ready to hit the ground running.
- ✔ **Have a Sleep Routine.** Your body does best if you give it cues to wind down. Examples include listening to soothing music, praying, meditating and reading inspirational material. Also consider taking a warm or tepid (lukewarm) bath or a hot shower.
- ✔ **Mentally Prepare for Sleep.** Wind down mentally before bedtime; don't take anger, worries or concerns with you into the bedroom. (Incidentally, watching the news is generally not an effective way to do this.)
- ✔ **Refocus Your Brain.** If you can't mentally wind down, go to sleep listening to something that is engaging but not stimulating. This is best accomplished by listening to something familiar. Such an activity can focus your brain on something other than unpaid bills, tomorrow's meeting, your retirement account, or other waking activities.
- ✔ **Avoid Late-Night Light-Emitting Screens.** For an hour before retiring, avoid any significant use of light-emitting screens (laptops, tablets, smartphones, etc.).

Figure 9.5 Sleep Hygiene Principles (concluded)

- ✔ **Go to Bed Early.** Because restorative hormones, like growth hormone and melatonin, peak earlier in the night, sleep before midnight may be better sleep than after. Some experts recommend turning in by 10 pm.
- ✔ **Rethink the Alarm Clock.** Depending on an alarm is usually an indication that you're shorting yourself on sleep. After all, if you get to bed early enough, you should be able to get your required sleep and still be up in time for your morning routine. However, tossing your alarm clock may be premature. For example, anxiety-prone individuals may sleep more fitfully without the assurance of an alarm preventing their oversleeping. Bottom line: you may be better off, sooner or later, without an alarm clock.
- ✔ **Ensure Restful Surroundings.** Cool, dark, comfortable and free of excessive noise are all qualities of an optimal sleeping environment. Wearing earplugs or blinders may be necessary in certain circumstances.
- ✔ **Get Up and Try Again.** Don't try to "force sleep." If you've been lying in bed for more than 20 minutes, get up and do something non-stimulating. Then try to go back to sleep again. Such non-stimulating activities include low intensity exercises, like stretching or marching in place at your bedside. If you can do this safely with the lights out, so much the better. (Avoid doing things that are stimulating or interesting as this can increase wakefulness.)