



HYPOTENSION

Dr. Donna F. Smith

TABLE OF CONTENTS

HYPOTENSION (LOW BLOOD PRESSURE)	1
SYMPTOMS OF HYPOTENSION	1
COMMON CAUSES OF HYPOTENSION	2
RESTORE NORMAL BLOOD PRESSURE WHEN LOW	2
QUICK HOME REMEDIES	3
ABOUT DR. SMITH	4

HYPOTENSION (LOW BLOOD PRESSURE)

Low blood pressure, also known as hypotension, occurs when your blood pressure is lower than normal. Medically, it is consider not harmful usually, unless it causes symptoms.

They rarely know about homeostasis. Also, I have found that some women may have lower Blood Pressure so if you suspect that you do inform me of this.

SYMPTOMS OF HYPOTENSION

1. Dizziness or lightheadedness
2. Fainting
3. Feeling tired or weak
4. Blurry vision
5. Headache
6. Neck or back pain
7. Nausea
8. Heart palpitations



HYPOTENSION

Dr. Donna F. Smith

COMMON CAUSES OF HYPOTENSION

1. Dizziness, which can be caused by Dehydration.
2. Certain medications, such as antihypertensive drugs.
3. Heart conditions, such as heart attack, heart failure, or an abnormally low heart rate
4. Endocrine disorders, such as diabetes, thyroid disease, or adrenal.
5. Pregnancy.
6. Prolonged bed rest or standing.
7. Parkinson's disease or rather, the nervous system.
8. Depression.

RESTORE NORMAL BLOOD PRESSURE WHEN LOW

The only things I have found that permanently restores your blood pressure, when it is low, is our therapeutic supplements and exercise. Our therapeutic supplements actually heal the human body and. of course, exercise is required five days a week for 30-60 minutes.

However, some of these can help “temporarily” until you blood pressure is normal.

1. Avoid Dehydration by adhering our PEP on Hydration. – All Four items are a must!
2. Drinking water to increase blood volume.
3. Wearing compression stockings: These can help improve blood flow and prevent blood from pooling in your legs.
4. Changing positions: Sit or lie down, and elevate your legs.
5. Applying counterpressure: Squeeze a stress ball, make a tight fist, or cross your legs.
6. Moving around: Staying still for too long can cause blood pressure to fall. Try going for regular walks, using a standing desk, or using an under-desk treadmill.
7. Eating small meals frequently.



HYPOTENSION

Dr. Donna F. Smith

8. Avoiding hot drinks and hot foods.
9. Avoid Sodium Chloride, erroneously called “salt.” However, it is a chemical and why over a decade ago medical professionals stopped recommending salt. Now we have a real problem because they (people in general) are avoiding Sodium (The Real Salt for the Human body) and we all need sodium or we will die.
10. Raising the head of your bed.
11. Doing gentle exercises regularly until your blood pressure is normal.
12. Standing and sitting slowly

**If your blood pressure gets seriously low,
you could lose consciousness or go into shock.**

QUICK HOME REMEDIES

1. Consuming certain foods: Foods high in vitamin B-12 and folate, such as eggs, asparagus, citrus fruits, leafy greens, and free range liver, may help raise blood pressure.
2. Drinking basil tea: Basil has adaptogenic properties that may help regulate blood pressure.
3. Using rosemary oil: Rosemary's essential oil stimulates the circulatory system and slightly increases blood pressure.

TO ORDER
Blood Pressure Therapeutic Supplements
Please call (940) 761-4045

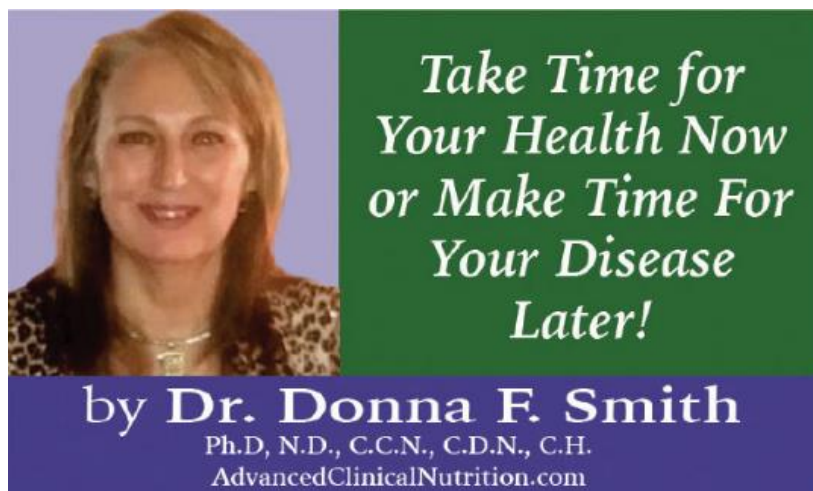
www.AdvancedClinicalNutrition.com



HYPOTENSION

Dr. Donna F. Smith

ABOUT DR. SMITH



Degrees & Certifications

Clinical Nutrition (Ph.D.)
Doctor of Naturopathy (N.D.)
Board Certified Clinical Nutritionist (C.C.N.)
Certified Dietitian-Nutritionist (C.D.N.)
Canadian Chartered Herbalist (C.H.)

Dr. Donna F. Smith is the owner of **Advanced Clinical Nutrition** (est. 1981) in Wichita Falls, Texas, where she provides **Clinical Nutrition Testing and Therapy** (aka Functional Medicine), based on the findings from a **Clinical Nutrition Analysis of the Laboratory Reports** from testing her clients' biochemistry (i.e., blood, urine, saliva, stool, hair, and genetics, etc.). She has a success rate of over 90% helping her clients improve their health and her clients, currently, reside in 37 U.S. states and seven international countries.

Dr. Smith also serves on the Board of Directors for the **International and American Associations of Clinical Nutritionists** (IAACN.org). She has served as a Head Start Board Member Dietary and Nutritional Advisor; IAACN Texas Chapter Board of Director Secretary; National Health Federation Founder and President of the Wichita Falls Chapter, and Co-founder of the Association of Alternative Health Care. Her professional biography has been published in several Who's Who Directories in the Library of Congress.



HYPOTENSION

Dr. Donna F. Smith

Interviews to date include a variety of nutrition-related topics by NBC and CBS network television news reporters, podcasts, such as The Female Millionaire, and radio, which includes a monthly series of Mid-Day Radio Talks with Susie Bradshaw KWFT Radio for 22 months, interviews by Dennis Courtney, M.D. Radio Talk Show in Greensburg, PA. and, locally, by Joe Tom White Morning Radio Show.

She is also a contributing writer for *The Villager*, a South Denver, CO., newspaper (since 3/2021), *Wichita Falls Parent Newsmagazine* for six years and is a freelance nutritional health writer for a variety of publications, having written over 100 articles for internet and traditional magazines, such as the *American Chiropractic Magazine*.

Dr. Smith's public speaking engagements include various clubs, organizations, corporations, hospitals, clinics, universities and scientific conferences, such as the IAACN, national groups of scientists and biochemists of the American Society of Clinical Laboratory Science (ASCLS), Stephen F. Austin University, Midwestern State University, Columbia Southwestern Medical Center, Optimist Clubs, Toastmasters, Business and Professional Women's Club, Women Entrepreneurs, Worksite Wellness, American Heart Association, Parkinson's Group, and St Gobain Corporation, to name a few.

Clinical Nutrition Testing, Therapy, Maintenance and Personalized Dietary and Lifestyle Education Services are provided by mail, e-mail, and telephone consultations. Lab Kits are mailed to each client's home, where they collect their specimen samples and then mail them directly to our Laboratories and/or have blood drawn and routine urinalysis collected at a local Quest Laboratory near their home.

Dr. Smith has successfully assisted her clients in improving their health, with the most frequent, but not limited to, increasing energy, balancing hormones, improving mental and emotional function, strengthening the nervous system, muscles, joints, and immune system, restoring overall organ/gland and body system function, improved skin, hair and nails, and in some cases even restoring natural color, managing weight, preventing/reversing disease processes and enhancing life and/or sports performance.

For more information, to order a Clinical Nutrition Analysis of the Laboratory Reports from testing your biochemistry (blood, urine, hair, saliva and stool), including genetic testing, and to contact Dr. Smith, call (940) 761-4045. The first consultation is FREE!

Meanwhile, please browse her Visitor website at www.AdvancedClinicalNutrition.com and read Free **Articles by Dr. Smith**, including all of **The Villager's** publications. You may also connect and/or follow her on www.linkedin.com/in/drdonnafsmith and www.Facebook.com/DonnaFSmithPhD. Though she is more active on LinkedIn; than other social media formats.