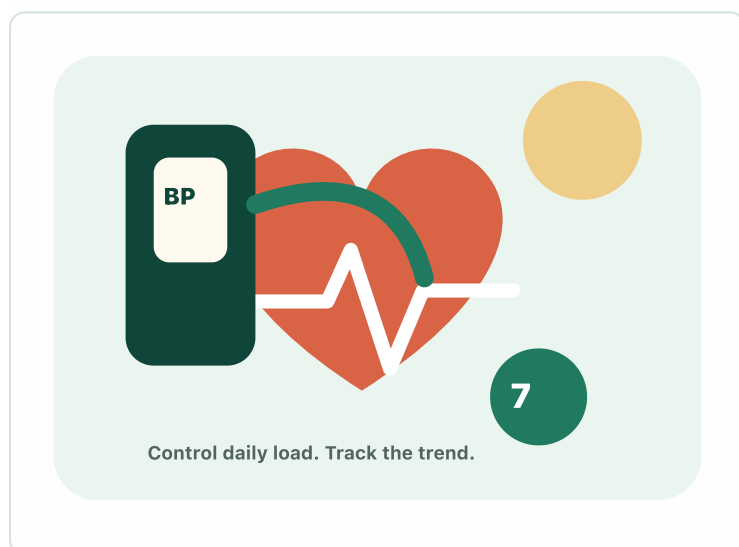


# 60-Day BP Control Guide ke Pehle 7 Din

BP sahi measure kijiye, first pressure spikes remove kijiye, aur 60-day routine start kijiye.



## Measure

Only enough to get a clean baseline.

## Remove spikes

Sweet drinks, alcohol, tobacco triggers, sodium traps.

## Start control

Food, walk, sleep, breath, environment.

**5**

quiet minutes

**2x**

repeat and average

**7**

days from the 60-day plan

यह educational lifestyle guide है; यह आपके doctor की advice को replace नहीं करता.

Start with the first week

## Quick Measurement Setup

Isko short rakhiye. Measurement setup hai, poora product nahi.

### Avoid before reading

- Bladder empty rakhiye
- 30 min pehle caffeine, smoking, exercise, stairs avoid

### Do instead

- 5 minute quietly baithiye
- Back supported, feet flat, arm heart level par
- 1 minute gap ke saath 2 readings ka average



Control daily load. Track the trend.

## Days 1-7: Baseline + Spike Removal

Measurement sirf setup; liquid sugar, alcohol, smoking triggers, sodium traps remove.

### Day 1

Cuff station set kijiye aur AM/PM readings lijiye.

### Day 2

Sweet drinks remove; water, lime, unsweetened tea use kijiye.

### Day 3

First week alcohol pause kijiye.

### Day 4

Ghar ke salty packaged foods identify kijiye.

### Day 5

Ek main meal ke baad 10 min walk.

### Day 6

30 min earlier sleep.

### Day 7

Week average aur doctor questions likhiye.

### Rule

Do not chase perfection in week 1. Remove the obvious pressure spikes and learn your pattern.

# The First Food Reset

Liquid sugar aur sodium snacks remove.

## Breakfast

Protein first: eggs, curd, besan chilla, dal cheela.

## Lunch

Half vegetables, protein, measured rice/roti.

## Dinner

Earlier, lighter, less salty, less fried.

## Sodium traps

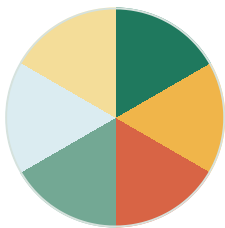
- Namkeen
- Papad/pickle
- Instant food
- Restaurant gravy

## Better defaults

- Roasted chana
- Curd
- Dal/sabzi
- Fruit if suitable

## Walk, Yoga, Breath

10-minute post-meal walk.



### Food

BP plate banaiye, sodium traps kam kijiye, safe ho to potassium-rich whole foods badhaiye.

### Movement

Daily walk, post-meal walk, phir strength work add kijiye.

### Yoga + breath

Gentle poses aur slow breathing se nervous system downshift kijiye.

### Sleep

7 hours protect kijiye; snoring/sleep apnea screen kijiye.

### Substances

Smoking stop, alcohol reduce, caffeine response test.

### Environment

Home, office, travel routines control-friendly banaiye.

**10**

minutes after one meal

**6**

slow breathing rounds

**3**

gentle yoga poses

## Sleep, Stress, Substances

Alcohol pause, tobacco exposure avoid, sleep protect.

### Alcohol

Pause for first week; it raises BP and worsens sleep.

### Tobacco

Remove smoking exposure and choose quit support if needed.

### Caffeine

No caffeine before readings; test your response.

### Sleep

Move bedtime 30 minutes earlier and keep wake time stable.

### Environment

Put cuff, log, walking shoes, and home snacks where the right choice is easy.

## From 7 Days to 60 Days

Goal ek perfect reading nahi hai. Goal hai 60 din ka repeatable system jo daily pressure load kam kare.

Next phase	Focus	What changes
<b>Days 8-14</b>	BP Plate + Sodium Reset	Vegetables, protein, measured carbs, home food, packaged food kam.
<b>Days 15-21</b>	Walking + Yoga Foundation	Daily walk, post-meal walk, gentle yoga, breath practice.
<b>Days 22-28</b>	Sleep + Stress Repair	Early dinner, fixed wake time, sleep-apnea signals, downshift routine.
<b>Days 29-35</b>	Weight + Insulin Resistance	Liquid sugar remove, protein breakfast, meal timing, waist tracking.
<b>Days 36-42</b>	Alcohol, Tobacco, Caffeine	Substance audit, quit support, caffeine test, weekend plan.
<b>Days 43-50</b>	Strength + Environment	Resistance training, desk routine, home-food defaults, travel kit.
<b>Days 51-60</b>	Sustain + Doctor Review	Averages, medicines discussion, family routine, relapse plan.

## The 60-Day Blood Pressure Control Guide

Food, walking, yoga, sleep, substances, stress aur home routine ko 60 practical dinon mein spread karke.