

Discover 5 Powerful Hacks to Lower Your Blood Pressure, Triglycerides, and Cholesterol by 30 Points in the Next Month

What are the 5 most powerful foods to include in your diet every day?

_____	_____
_____	_____
_____	_____

Which foods increase your blood pressure, cholesterol, and/or triglycerides?

_____	_____
_____	_____
_____	_____

What is your master plan to improve your cardiovascular health?

