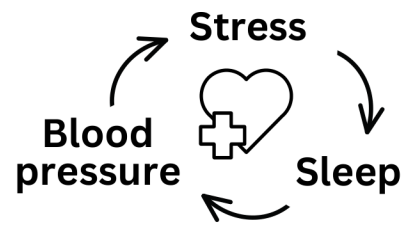


Control The Cycle

Lifestyle Strategies to Reduce Stress, Hypertension & Sleep Well



Eat Less Salt & Processed Foods



Get Regular Exercise



Set A Consistent Bedtime



Avoid Smoking, Caffeine, & Alcohol



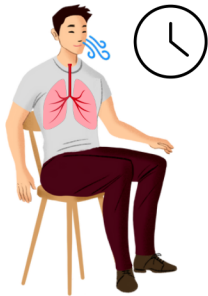
Slow Deep Breathe



Keep Your Room Dark & Cool

Slow Deep Breathe

Try this as you wait. Pace your breathing To BreathNote music for 5-20 minutes and feel yourself more relaxed.



Scan QR code

or visit www.BreathNote.com/proclinic-playlist.html

Passkey: 1BREATH23



Why Slow Deep Breathe?



Get To Sleep in 15 Minutes



Reduce Waking Once Asleep



Reduce Blood Pressure in 2 Min.



Reduce Stress in 5 Min.

Practicing 5 minutes a day for 6 weeks is shown to help



Reduce Risk of Heart Disease 25%



Reduce Risk of Stroke 35%

Start & Track Your Practice

Week 1						
Week 2						
Week 3						
Week 4						
Week 5						
Week 6						