



FREE

**PLANT
BASED
COOKING
CLASSES**



Targeted at Hypertension, Type 2 Diabetes & Heart Diseases

2.0

To be held on:

Thursday 13th June 6-8pm

Sunday June 2nd, 9th, 16th, 23rd & 30th 6-8pm

Cooking Class 2.0 – Outline

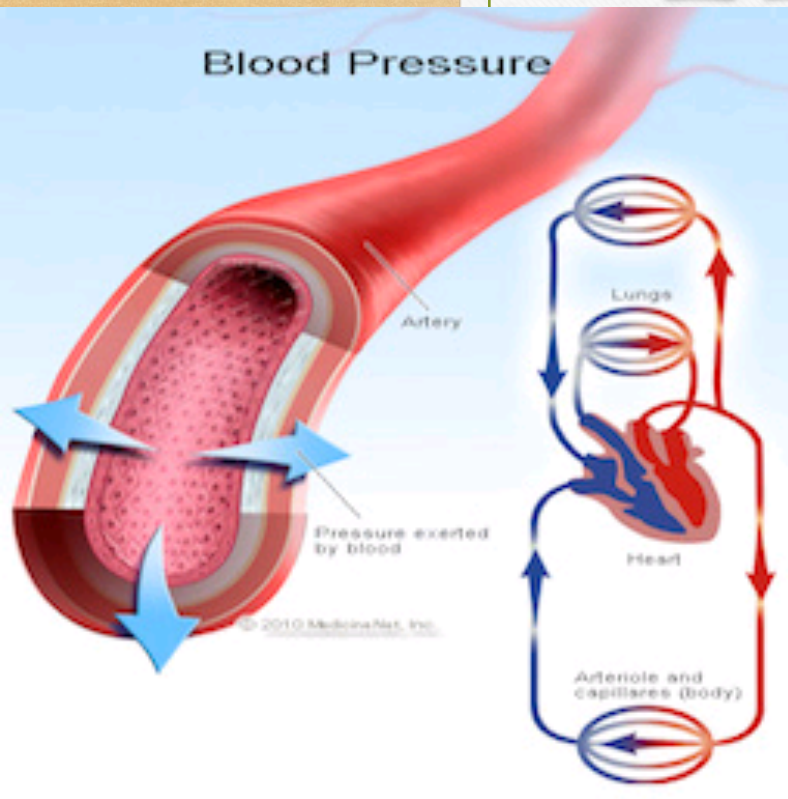
Sessions	Topics	Presenters
1 – Sun. June 2nd	Hypertension I	DA, MD
2 – Sun. June 9th	Hypertension II	DA, KL
3 – Thu. June 13 th	Diabetes T2 I	DA, MD
4 – Sun. June 16 th	Diabetes T2 II	DA, KL
5 – Sun. June 23th	Heart Diseases I	DA, KL
6 – Sun. June 30th	Heart Diseases II	DA, MD

Cooking Class 2.0 – Programme Outline

1. Welcome/Opening Remarks & Prayer 5 mins.
2. Presentation on Targeted Disease & Role of Diet 25 mins.
3. Practical Demo – Cooking, Juicing, Herbs, etc. 60 mins.
4. Food tasting and Q&As 15 mins.
5. Closing Remarks & Prayer 5 mins.

Hypertension

The Silent Killer



Outline

1. Background to Cooking Class 2.0 Series
2. Hypertension: What Exactly Is It?

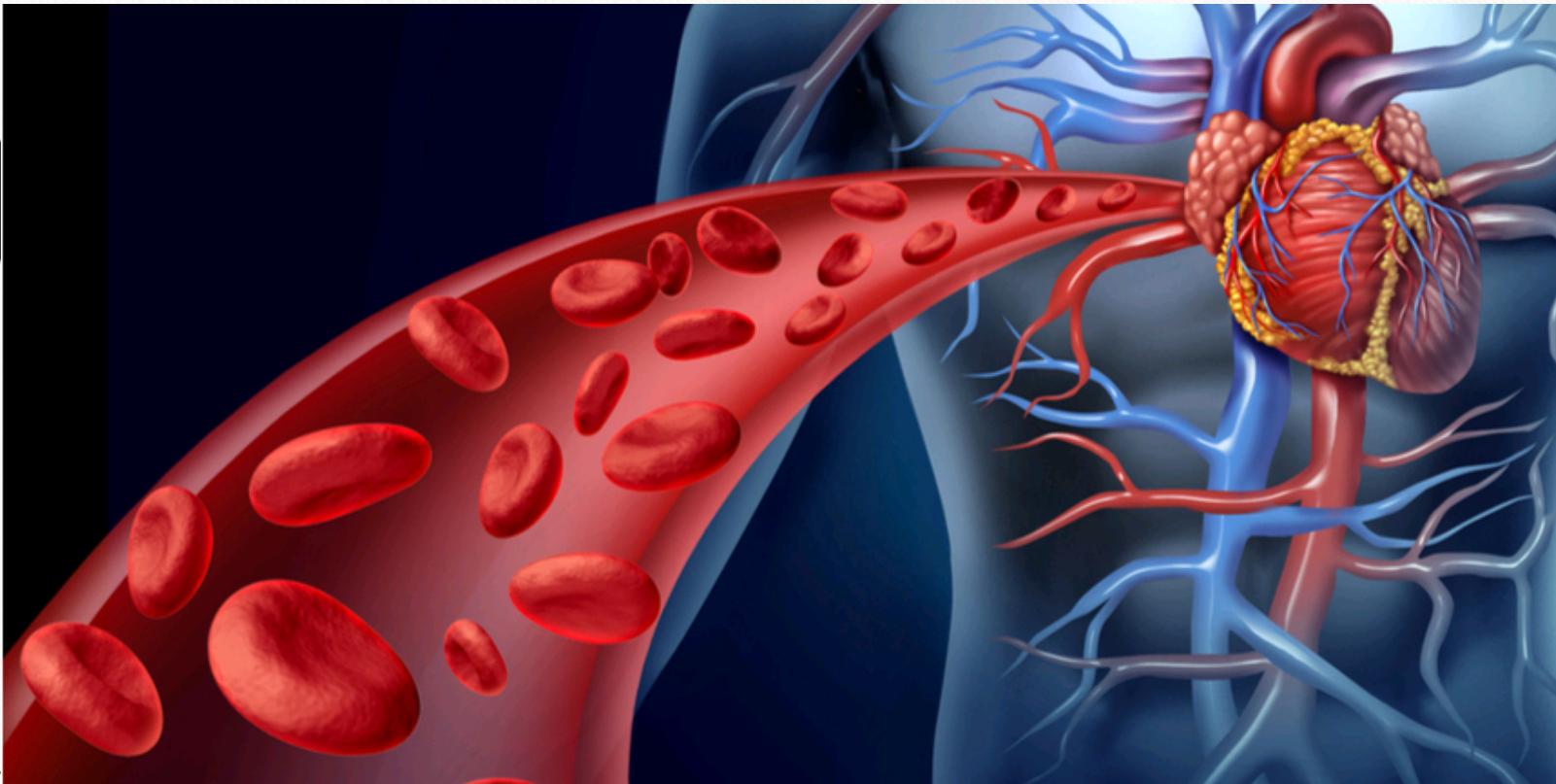
3. Hypertension: Why 'Silent Killer'?
4. Hypertension: England/UK Facts & Statistics
5. Causes of High Blood Pressure (HBP)
6. What about Medication: Antihypertensives
7. What Are the Alternatives?
8. Natural Remedies for Hypertension: Diet, Exercise, etc.

Background to the Cooking Class Sessions

- ❑ Why emphasis on plant-based diet?
- ❑ Most optimised (nutrition) for the human body
- ❑ Improves blood lipids (cholesterol & fat) levels
- ❑ Plants have phytochemicals which benefits body's systems
- ❑ Lowers risk of diseases (e.g. hypertension, strokes, heart disease, diabetes, etc.)
- ❑ The original diet (Bible – Gen. 1:29; 3:18)



Hypertension: What Is ‘Hypertension’?

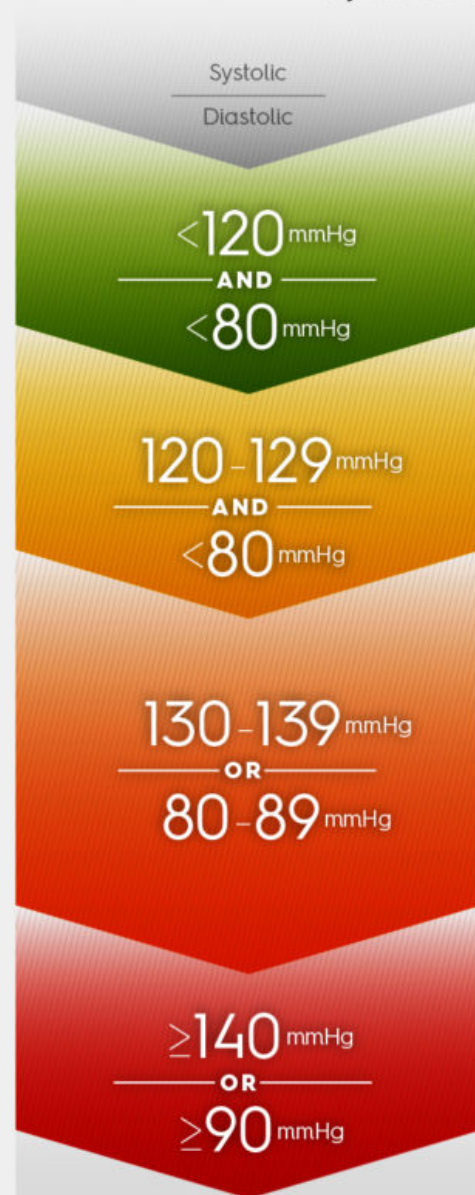


“Chronically elevated blood pressure – higher above optimal human blood pressure”

KNOW YOUR BLOOD PRESSURE

—AND WHAT TO DO ABOUT IT

By AMERICAN HEART ASSOCIATION NEWS



The newest guidelines for hypertension:

NORMAL BLOOD PRESSURE

*Recommendations: Healthy lifestyle choices and yearly checks.

ELEVATED BLOOD PRESSURE

*Recommendations: Healthy lifestyle changes, reassessed in 3-6 months.

HIGH BLOOD PRESSURE / STAGE 1

*Recommendations: 10-year heart disease and stroke risk assessment. If less than 10% risk, lifestyle changes, reassessed in 3-6 months. If higher, lifestyle changes and medication with monthly follow-ups until BP controlled.

HIGH BLOOD PRESSURE / STAGE 2

*Recommendations: Lifestyle changes and 2 different classes of medicine, with monthly follow-ups until BP is controlled.

**Individual recommendations need to come from your doctor.*

Source: American Heart Association's Journal Hypertension

Published Nov. 13, 2017

Hypertension: Why ‘Silent Killer’?

High Blood Pressure or Hypertension is known as the silent killer. It is a condition that occurs without symptoms for many years and in most cases the cause is unknown.



HIGH BLOOD PRESSURE IS A



**SILENT
KILLER**

because there are no
obvious signs or symptoms



**More than
5.5 million**

people in England
have undiagnosed
high blood
pressure



For every 10 people
who are diagnosed with
high blood pressure,



HIGH BLOOD
PRESSURE

A further 7 people
remain undiagnosed
and untreated

Main complications of persistent High blood pressure

Brain:

- Cerebrovascular accident (*strokes*)
- Hypertensive encephalopathy:
 - confusion*
 - headache*
 - convulsion*

Blood:

- Elevated sugar levels

Retina of eye:

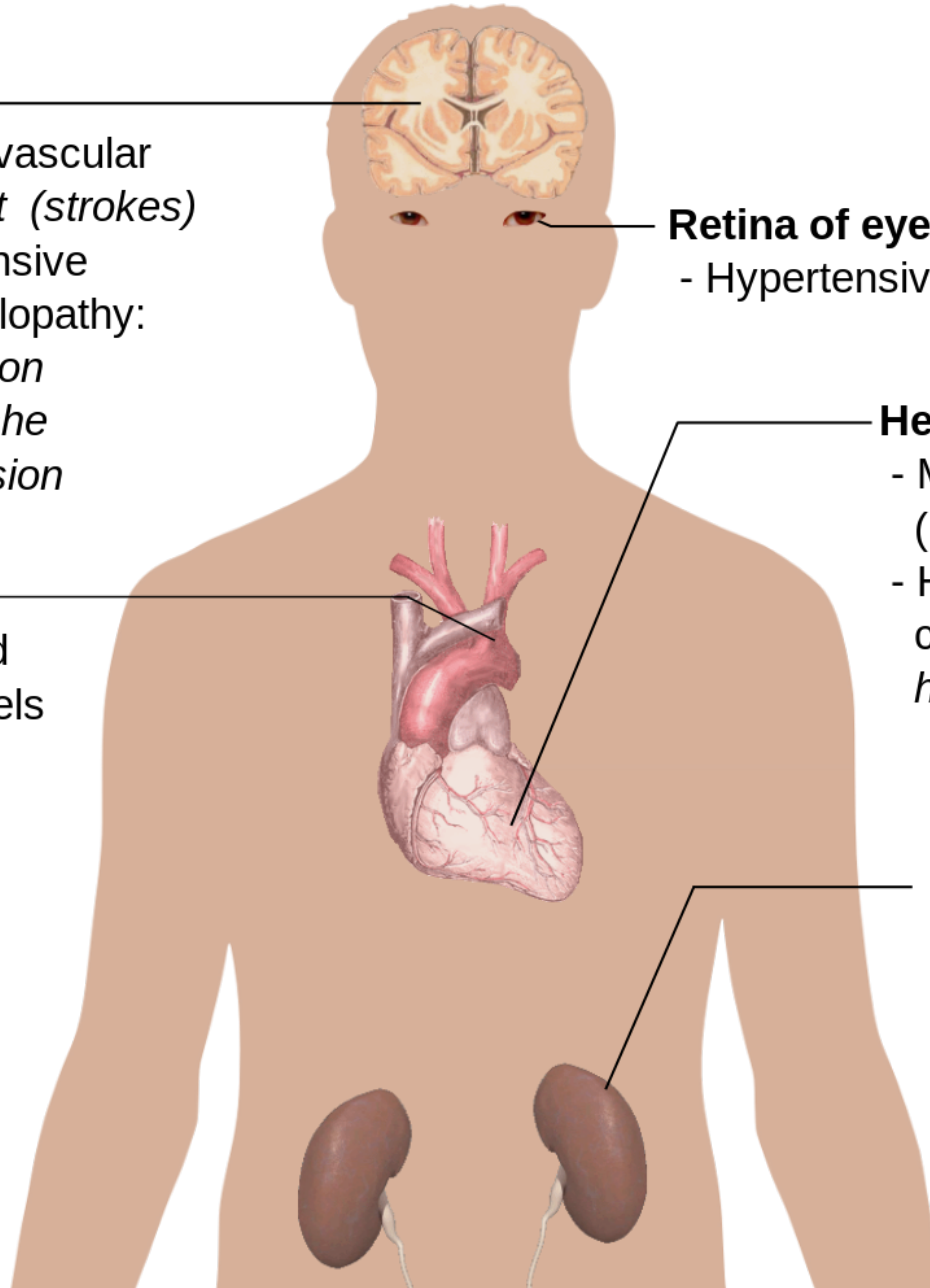
- Hypertensive retinopathy

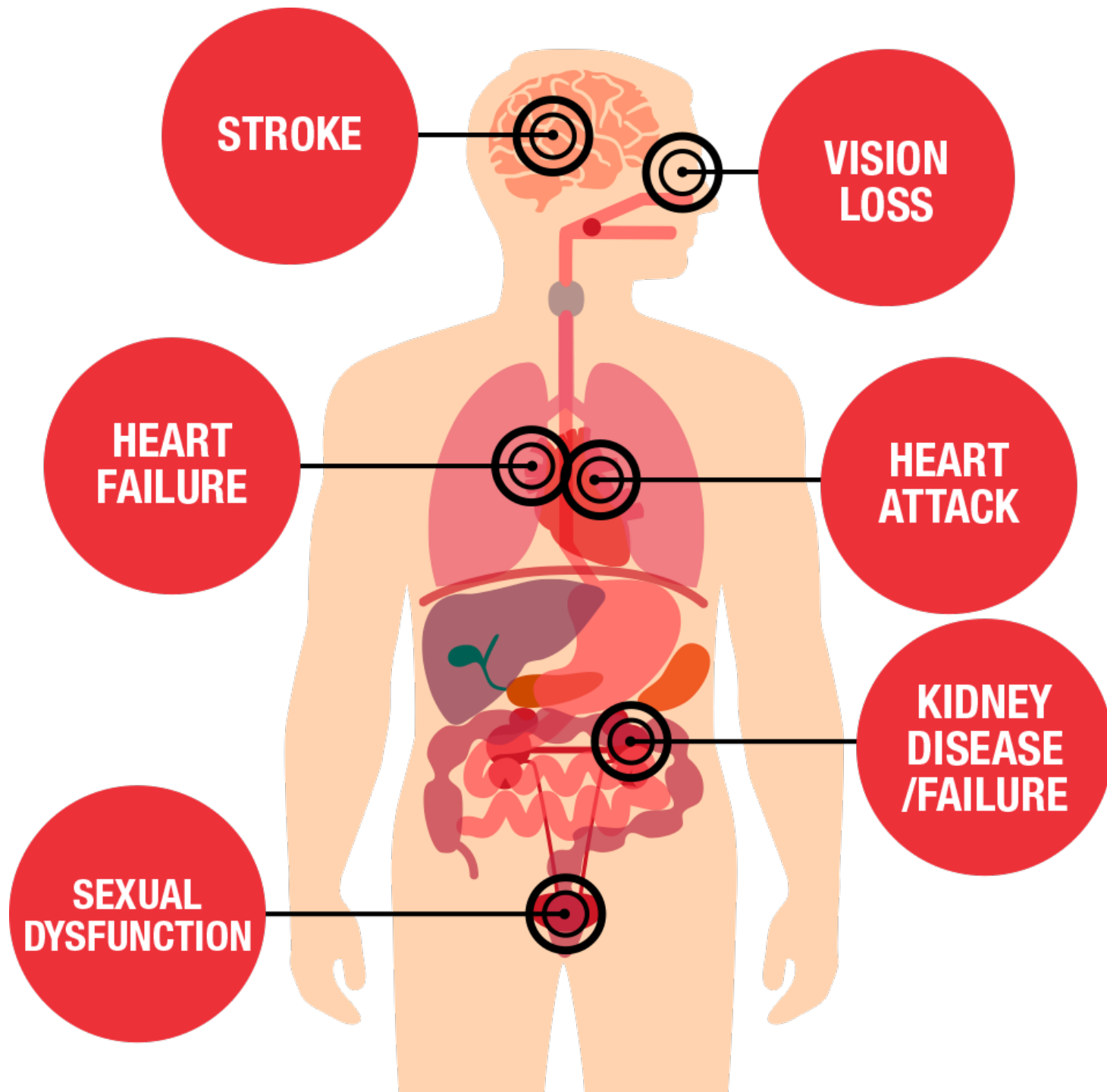
Heart:

- Myocardial infarction (*heart attack*)
- Hypertensive cardiomyopathy:
heart failure

Kidneys:

- Hypertensive nephropathy:
chronic renal failure







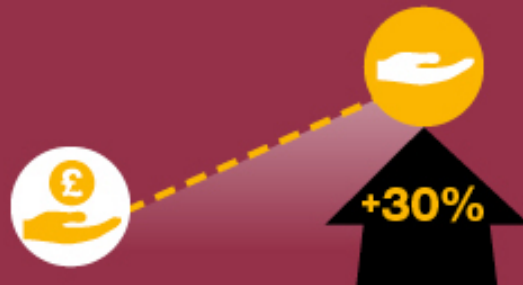
High blood pressure affects **more than 1 in 4** adults in England



High blood pressure is the **3rd biggest risk factor** for premature death and disability in England after smoking and poor diet



People from the most deprived areas in England are **30%** more likely than the least-deprived to have high blood pressure

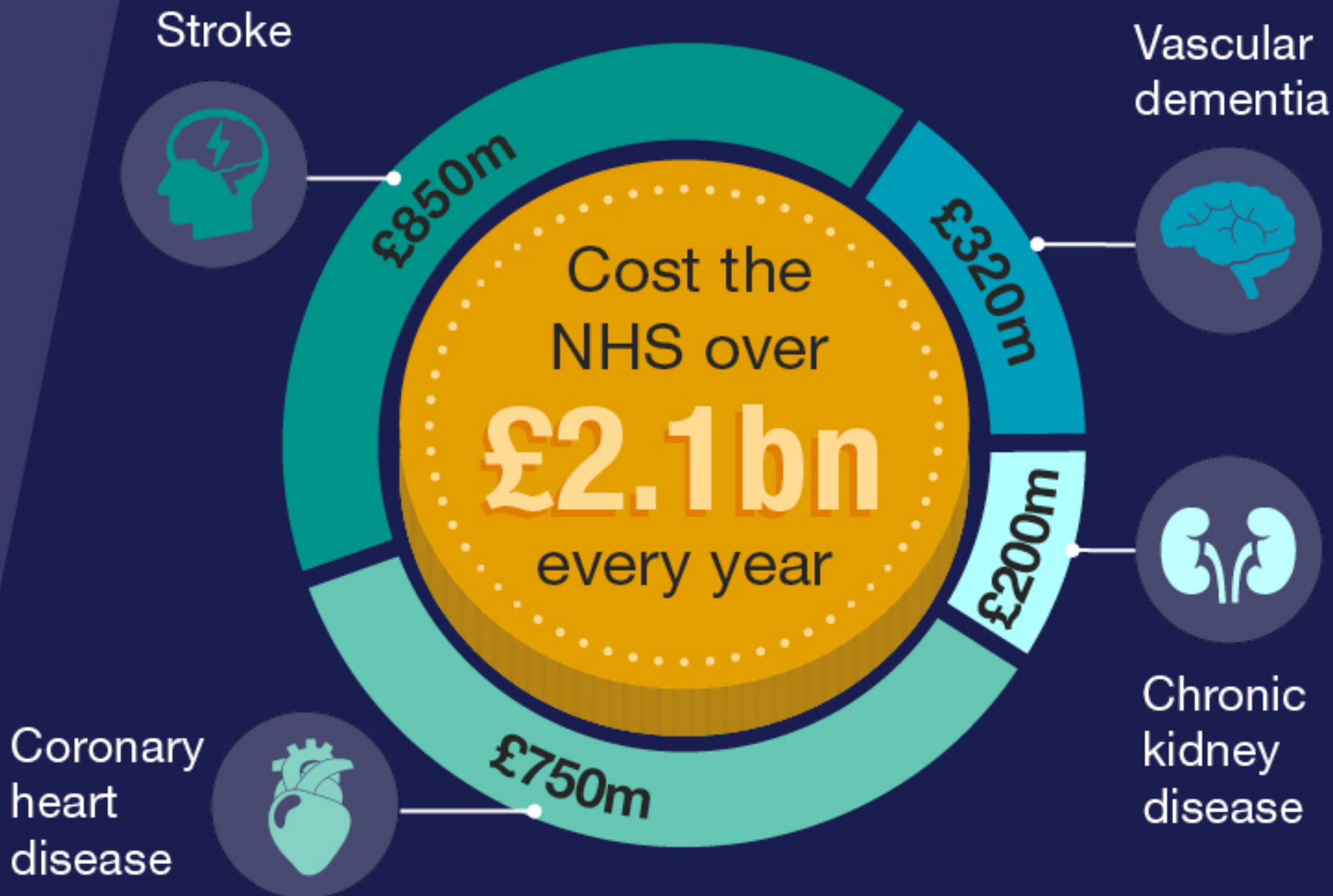


At least half of all heart attacks and strokes are associated with high BP and it is a major risk factor for chronic kidney disease, heart failure and dementia





Diseases caused by high blood pressure:



Hypertension: Causes of 'HBP'

The
Cure
Is in the
Cause

Classification of Hypertension

HYPERTENSION

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graph TD; A[HYPERTENSION] --> B[PRIMARY]; A --> C[SECONDARY]; B --- D[Essential or idiopathic HTN.]; C --- E[Renal]; C --- F[Endocrine]; C --- G["Other (e.g. pregnancy, drugs)"]
```

PRIMARY

- Essential or idiopathic HTN.





SECONDARY

- Renal
- Endocrine
- Other (e.g. pregnancy, drugs)

Modifiable

-  Excess dietary salt
-  Poor diet and obesity
-  Excess alcohol consumption
-  Lack of physical activity
-  Deprivation and socio-economic status
-  Mental health and stress

Non-modifiable

-  Age
-  Ethnicity
-  Genetics
-  Gender

Risk Factors For Primary Hypertension

Modifiable

- Obesity
- Smoking
- Sedentary lifestyle
- Excessive dietary sodium intake
- Excessive alcohol intake
- Low dietary potassium intake?

Non-Modifiable

- Age (peak age of onset in 50s and 60s)
- Family history (particularly parent)
- Black race

Hypertension: Causes of 'HBP'

Pathogenesis of Primary Hypertension

Therefore, elevated blood pressure must necessarily be due to one or more of the following:

- Increased heart rate**
- Increased myocardial contractility**
- Increased blood volume**
- Increased arterial constriction**

Hypertension: Causes of 'HBP'

Pathogenesis of Primary Hypertension

Major physiologic systems responsible for hypertension:

- **Renin-angiotensin-aldosterone system (RAAS)**
- **Sympathetic nervous system**

Other probable contributors include:

- **Endothelial dysfunction (e.g. endothelin 1 dysregulation, impairment of nitric oxide synthesis, oxidative stress)**
- **Cytokine dysregulation**

What of Medication?



Are you healing yourself long term or are you just covering up the symptoms?

***Hypertension*. Author manuscript; available in PMC 2015 February 01.**

Published in final edited form as:

Hypertension. 2015 February ; 65(2): 320–327. doi:10.1161/HYPERTENSIONAHA.114.04675.

Dietary nitrate provides sustained blood pressure lowering in hypertensive patients: a randomized, phase 2, double-blind, placebo-controlled study

Vikas Kapil¹, Rayomand S Khambata¹, Amy Robertson¹, Mark J Caulfield¹, and Prof Amrita Ahluwalia^{1,*}

¹William Harvey Research Institute, Barts BP Centre of Excellence, NIHR Cardiovascular Biomedical Research Unit at Barts, Barts and the London School of Medicine and Dentistry, Queen Mary University of London, London

Garlic



Beetroot



Pomegranate



Hawthorn



Coconut Water



Ginger



Cayenne Pepper (Capsaicin)



Carrots



Celery



Tomatoes



Sesame



Dark Chocolate





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- http://www.wpro.who.int/world_health_day/2013/high_blood_pressure_brochure_wpr.pdf
 - <https://www.gov.uk/government/publications/health-matters-combating-high-blood-pressure/health-matters-combating-high-blood-pressure>