

# Lowering Blood Pressure with Food

With Dick Ogren

**Saturday, March 16 • 11:00 AM–2:00 PM**

Maximum 20 people—Fee \$10.00

## Seminar Description

The Center for Disease Control and Prevention (CDC) reports, “About 1 of 3 U.S. adults—or about 75 million people—have high blood pressure. High blood pressure (hypertension) is one of the leading causes of heart disease, stroke, kidney disease, and death in the United States.” Learn by watching research videos, discussion, and eating food for lunch that lowers blood pressure.



## Key Points

- How hypertension in midlife affects our brain later in life.
- How salt stiffens our arteries, even in the absence of hypertension.
- Sample a food that reduces hypertension 2 to 3 times more than ACE inhibitors and calcium channel blocker drugs.

## Lunch Menu—Served at 11:30 a.m.

Stew: Moroccan Vegetarian Sweet Potato Stew

Sandwich: Tofu Egg Salad or Peanut Butter & Jelly served on Ezekiel 4:9 Low Sodium Bread

Beverage: Hibiscus Punch, Water and Coffee

## If you have questions, please call or email Dick:

612-308-8365 | [ogrendm@aol.com](mailto:ogrendm@aol.com)

## Dick's Biography

*Trained as a cook at age 17, Dick's first job was cooking for the troops in Korea. After his father died of a heart attack in 1965, he set a goal to live a long, healthy life. In 2016 Dick was awarded a Certificate in Plant-Based Nutrition from the T. Colin Campbell Center for Nutritional Studies through eCornell. He eats a vegan (plant-based) diet, has great health, and is 82 years old.*



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