



## HIGH/LOW BLOOD PRESSURE

If you are on medication for High Blood Pressure (HBP) or have a history of Low Blood Pressure (Low BP), you may experience some symptoms of Low BP during your first two weeks of the program. These symptoms include:

- Light-headedness
- Dizziness
- Blurry vision

**During the first two weeks of the program, at all times you should carry with you a small Ziploc baggie containing *SALT* (keep this in your pocket or handbag).**

Should you experience the symptoms described:

- Lick your finger
- Dip it in the salt
- Lick your salty finger
- Repeat several times

The salt will normalize your BP within 2 minutes and the symptoms will disappear.

If you are on medication for HBP and this happens once or twice, it is your body adjusting to the program. **If you are on medication for HBP and these symptoms occur two or more times in one week, you should contact your physician to discuss adjusting your medication dosage.**

If you have any questions or concerns, please Contact Us.

**NOTE: ACC(U)LIFE IS NOT A MEDICAL PRACTICE AND DOES NOT PROVIDE MEDICAL TREATMENT. PLEASE SEE YOUR OWN PHYSICIAN FOR MEDICAL ADVICE.**

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