



Session 2 - Environment, Toxins, Drugs

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| 1. How does unpleasant noise affect blood pressure? | 1. It raises BP. |
| 2. Is road traffic noise or occupational noise more strongly associated with high blood pressure? | 2. Occupational noise. |
| 3. Is blood pressure higher in the winter or in the summer? | 3. Winter. |
| 4. Does vitamin D supplementation lower blood pressure | 4. No. |
| 5. Does direct sunlight exposure lower blood pressure? | 5. Yes. |
| 6. What are a few other benefits of sunlight? Harms? | 6. B: ↑exercise efficiency, ↑mood, better sleep, bone/muscle, ↓solid organ cancers, ↓CVD, ↓autoimmune disease, H: Burns, skin cancer, cataracts, dehydration, heat stroke. |
| 7. How long does one cigarette raise blood pressure? | 7. 30 minutes. |
| 8. Name 5 kinds of medications that raise blood pressure? | 8. Steroids, NSAIDs, diet pills, birth control pills, decongestants. |
| 9. Which kind of pain medication raises blood pressure? | 9. NSAIDS |
| 10. What alternatives might be tried for joint & muscle pains? | 10. Turmeric, boswelvia |
| 11. Which toxin do pediatricians think of first when a child comes in with severe hypertension? | 11. Mercury |
| 12. How can doctors more or less predict the blood mercury level of most people with just one question? | 12. How much fish do you eat? |
| 13. What are two ways you could be exposed to arsenic? | 13. Marine fish, well water |
| 14. Name a few common herbals that may raise blood pressure? | 14. Licorice, senna, arnica, ginseng, ginkgo, St. John's wort, ephedra, guarana, yohimbine, kava, kola nut. |