

Blood Pressure Study Abstract

Subjects with various blood pressure conditions were provided with a customized diet for based on their respective conditions and goals. The diets included variations in food combinations, sodium quantity, and carbohydrate consumption based on the initial assessment. These conditions included: hypertension with medication, normal blood pressure without medication, hypertension without medication, and normal blood pressure due to medication. Normal blood pressure defined as systolic values between 125-110 and diastolic ranging from 85 to 70. All subjects were observed over a 6 week period. 100% of the subjects experienced beneficial changes in blood pressure, energy level and body composition. The Aggregate results are as follows:

Am	Age	gender	Begining Blood Pressure	Ending Blood Pressure
Wi	52	F	205/126	115/82
Cr	47	M	198/134	120/80
Ma	56	M	190/125	108/78
Me	49	F	190/100	118/80
Ne	54	F	186/113	130/70
Wi	45	M	186/107	130/92
Jor	58	M	186/105	91/60
Va	58	F	182/92	132/82
Jor	58	F	178/98	106/71
Wi	40	F	178/104	117/73
Ba	39	M	177/98	119/70
Sar	37	M	176/116	130/90
Fei	52	F	175/104	121/85
Di	51	F	173/127	114/74
Ha	65	F	172/100	131/67
Por	80	F	171/94	118/71
Pa	59	F	171/100	130/76
Mi	48	M	170/95	134/82
Ve	55	F	170/70	98/58
O'G	42	M	170/117	128/67
Ne	50	F	170/101	120/78
Pre	54	F	169/97	110/70
Ca	42	F	169/105	134/80
Zir	55	F	168/96	122/70
Le	53	F	167/105	147/76
Wi	58	M	165/92	120/80
Wi	42	F	164/118	110/70
Bo	65	M	164/111	144/83
Be	58	F	164/102	134/80
Nic	27	F	163/110	129/79
Cy	50	F	163/104	110/68
Ca	43	F	162/108	116/61
Ba	57	M	160/96	148/84
St	52	F	160/105	130/88
Da	47	F	160/105	122/83
Ha	44	M	160/104	115/73
Na	51	M	160/100	122/78
Os	50	F	159/98	99/64
Ro	54	F	159/91	128/78
He	18	F	159/115	120/70
Jor	46	M	159/109	126/73
Ma	65	F	158/94	102/62
De	51	F	158/94	120/68
Fra	47	F	158/91	117/78
Ho	18	F	158/89	100/80
Jua	35	F	157/106	118/78
De	64	F	156/98	119/76
Ca	47	F	156/94	117/64
Va	49	F	156/91	120/78
WI	48	F	155/93	118/76
Ne	75	F	155/90	114/70
Be	43	F	154/92	128/91
Re	65	F	154/91	120/73

Nam	Age	gender	Begining Blood Pressure	Ending Blood Pressure
Wf	53	F	140/96	110/70
Do	49	F	140/94	100/80
Ser	60	F	140/90	120/76
Kir	55	F	140/90	108/56
Tay	53	F	140/90	126/90
Ro	34	F	140/90	120/80
Ma	43	F	140/87	112/62
Mc	50	F	140/83	113/65
Joh	50	F	140/80	132/65
De	46	F	140/80	109/58
Lo	49	F	140/70	119/88
Sci	53	F	139/94	119/71
Riv	43	M	139/86	106/65
Cl	72	F	139/85	120/70
Pre	44	F	139/79	116/69
Jut	37	F	138/94	105/60
Jut	37	F	138/94	105/60
Be	36	F	138/92	135/72
Ric	24	F	138/91	114/60
ULL	37	F	138/89	113/66
Jua	33	F	138/100	125/83
Su	34	F	137/98	120/88
Pec	45	F	137/94	115/77
Les	29	F	137/91	110/60
L'E	51	F	137/90	95/60
Lyt	38	F	136/95	99/72
Mi	44	M	136/85	107/64
Ka	51	F	136/84	118/79
Fyt	50	F	136/81	109/65
Est	46	F	135/90	100/60
Au	48	F	135/90	108/66
Hu	52	F	135/89	108/79
Br	51	F	135/80	110/70
For	54	F	135/80	103/65
Jua	52	M	135/79	121/77
Be	55	F	135/75	112/75
Laj	48	F	135/74	104/66
De	48	F	135/73	100/69
GA	32	F	134/91	117/69
Zoc	46	F	134/88	126/70
Be	26	F	134/82	111/58
Mc	38	F	134/81	119/80
Go	49	F	134/81	113/70
Wa	39	F	134/81	121/76
Bo	38	F	134/76	119/72
GA	44	F	133/86	108/64
Va	55	F	133/85	113/64
Ebb	34	F	133/84	119/75
Me	51	F	133/76	104/70
Jac	41	F	133/73	114/63
Mi	47	F	132/99	111/83
An	25	F	132/83	115/63
Do	39	F	132/82	116/68

Body Makeover Systems, Inc.

nam	Age	gender	Begining Blood Pressure	Ending Blood Pressure
Ca	51	M	154/104	123/81
Hy	51	F	153/97	115/74
Ca	49	F	153/90	106/73
Le	46	F	153/102	102/74
O'I	44	F	152/93	115/87
La	69	M	152/88	113/72
Bis	41	F	152/115	139/84
Be	30	F	152/100	117/77
Jac	53	F	151/98	90/73
Pri	70	M	151/82	116/68
Par	43	F	151/102	118/78
Pel	47	F	150/99	120/80
Est	56	F	150/98	120/78
Hil	30	F	150/93	115/69
Sh	56	M	150/90	120/75
Erv	75	F	150/69	108/63
Ru	46	F	149/87	107/64
Fel	49	F	149/103	97/67
Bo	52	F	148/97	119/66
Eli	40	F	148/94	120/79
Sk	67	F	148/91	123/69
Le	34	F	148/111	124/76
Ho	47	F	148/107	111/90
Ele	54	F	147/86	120/72
Du	52	M	147/85	127/76
Mu	47	F	146/97	114/72
Ke	52	F	146/91	113/64
Jel	43	F	146/91	110/80
Jac	50	F	146/90	128/88
Zie	49	F	146/83	101/63
Est	48	F	145/95	113/80
Fu	43	F	145/95	98/70
Ho	44	F	145/90	89/54
Nis	63	M	145/88	122/71
Me	51	F	145/73	110/70
He	53	M	144/97	107/71
Wa	55	F	144/93	108/86
Bro	60	F	144/91	128/85
Sle	43	F	143/86	109/73
Pre	42	F	143/84	125/75
Sh	48	F	142/92	112/77
Cre	38	F	142/91	125/85
Wa	42	M	142/91	110/76
Wi	52	F	142/91	127/78
Wa	50	F	142/87	128/76
Mu	54	F	142/82	116/68
Hii	40	F	142/102	90/66
Bo	41	F	141/91	105/63
We	54	M	141/85	119/79

Nam	Age	gender	Begining Blood Pressure	Ending Blood Pressure
Gr	68	F	132/79	116/60
De	48	F	131/91	95/64
Pa	44	F	131/87	111/75
Al	34	F	130/85	120/76
Lis	39	F	130/80	116/72
Ro	67	F	130/71	121/79
Be	49	F	129/94	114/70
Ty	50	F	129/85	110/78
Sha	42	F	129/84	95/65
Mc	55	F	129/77	93/55
Jul	42	F	129/69	117/77
Jac	45	F	128/89	120/80
Bar	33	F	128/88	117/82
Co	23	F	128/78	112/66
Bu	44	F	128/71	120/70
Sat	50	F	128/59	102/56
Ca	49	F	127/85	127/68
Le	48	F	127/84	114/85
Ge	52	F	127/81	110/71
Kil	45	F	126/86	117/87
Joy	32	F	126/85	105/66
Gal	41	F	126/83	96/69
Pat	56	F	126/76	124/64
Stu	44	F	125/92	101/70
Car	41	F	125/85	92/63
O'I	35	F	125/82	110/60
Phi	29	M	125/80	114/74
Hu	26	F	125/80	98/60
Tu	53	F	125/79	95/67
Wi	42	F	125/78	99/64
We	33	F	125/75	113/80
Tir	50	F	125/74	100/80
Ma	40	F	124/92	120/80
As	33	F	124/85	116/86
Cu	31	F	124/82	121/76
Ku	61	F	124/76	101/72
Me	54	F	124/69	104/49
Gal	32	F	123/86	111/63
Mu	24	F	122/94	105/70
Cir	41	F	122/89	117/73
Ka	38	F	122/85	123/86
Cl	46	M	122/83	123/75
Ha	48	F	122/81	103/65
He	25	F	122/76	119/65
Ne	76	M	122/69	112/71
Ra	57	F	121/86	105/72
Ng	32	F	121/85	108/68
Ke	58	F	121/75	112/71
Gr	50	F	120/99	112/82