

Participant Handout for Session #2 of “Performance Boost 30”

www.TimelessHealingInsights.org/Boost



A. The Week Behind Us...

- Day 1: Be Bold; Call the Bank
- Day 2: Measure, Measure, Measure
- Day 3: Move More
- Day 4: Be Big on Beans
- Day 5: Connect
- Day 6: Cut the Caffeine
- Day 7: Rest and Refresh

B. The Week Ahead...

- Day 8: Seek Low Sodium Options
- Day 9: Get a Grip
- Day 10: Focus on Fats
- Day 11: Sleep Right
- Day 12: Water Up
- Day 13: Water Out
- Day 14: Seek Spirituality

C. Will My _____ Condition Be Helped by “Performance Boost 30”?

Check out: “The Missing Link” Videos at

https://www.youtube.com/playlist?list=PLW2SvLyeNKRsaLYIMBzfbIMNHQ_PwTbPw

D. Blood Donation Questions

Communication #1 (via TimelessHealingInsights.org)

Hello, I am unable to donate blood due to being on warfarin. Maybe labwork can count as they will take about 5 vials on my next visit?

Thank you!

Respectfully,

Harriet Henderson (Pseudonym)

Communication #2

Good evening, Dr. DeRose! I can not donate blood because:

1. I had hepatitis B as a young man
2. I weigh less than 110 pounds now.

Thank you, Richard Jonas (pseudonym)

Response

Harriet and Richard,

Thank you both for reaching out. It is true there are many people are **deferred** from donation for various reasons. Deferred is the operative word as blood donation standards have changed over the years. For example, some people who, a decade ago, got the impression they could never donate, are now able to donate. Note further: different blood banks may have different standards for donation.

How this all relates to the program...

For Day #1 all that was required is that you check into the option of donating blood ("call the bank"), since you've already done that--you have met the challenge of Day #1. Therefore, you can check all the boxes in the Day #1 column for the rest of the program! Thanks for reaching out.

Red Cross Requirements for Whole Blood Donation (June 2023)

- Donation frequency: Every 56 days, up to 6 times a year
- You must be in good health and feeling well
- You must be at least 16 years old in most states
- You must weigh at least 110 lbs
- You can donate whole blood if you are taking aspirin or Plavix. However, you are not eligible to donate if taking certain prescription blood thinners such as warfarin, heparin, Eliquis, Pradaxa, or Xarelto. Even if these medications are stopped by your doctor, you must generally wait between 2 and 7 days before donating.
- If you ever tested positive for hepatitis B or hepatitis C, at any age, you are not eligible to donate, even if you were never sick or jaundiced from the infection.

Reference:

<https://www.redcrossblood.org/donate-blood/how-to-donate/eligibility-requirements.html>

E. Benefits of More Beans: Beans Are Among the Foods That Are Rich in Blood-Pressure-Lowering Constituents (30BP*)

Help for those who don't care for beans...

- Visit The Bean Institute for a variety of recipes: <https://beaninstitute.com/recipes/>
- Watch my interview with Steve Wohlberg: "Essentials of Healthy Sprouting" – the free video can be accessed at https://youtu.be/YXKa_YZY_wY
- Learn more about the health benefits of beans...

The following foods have been found to contain blood-pressure-lowering ACE inhibitors

Figure 5.7 from
"Thirty Days to
Natural Blood
Pressure
Control"

Broccoli	Mung Beans	Soybeans
Buckwheat	Mushrooms	Spinach
Chickpeas	Peanuts	Sunflowers
Corn	Potatoes	Wheat
Garlic	Rice	

From: 30BP*

* Note: Tables in this handout labeled as "30BP" are taken from *Thirty Days to Natural Blood Pressure Control* by David DeRose, MD, MPH, Greg Steinke, MD, MPH, and Trudie Li, MSN, FNP. The book is most easily obtained in a variety of formats on Amazon (eBook/Kindle, hardcover, softcover, and audiobook).

Use the following link for a free video overview of the book: <https://youtu.be/rnnGYSuC6T4>

Use the following link to purchase the book on Amazon:

<https://www.amazon.com/gp/product/1942730020>

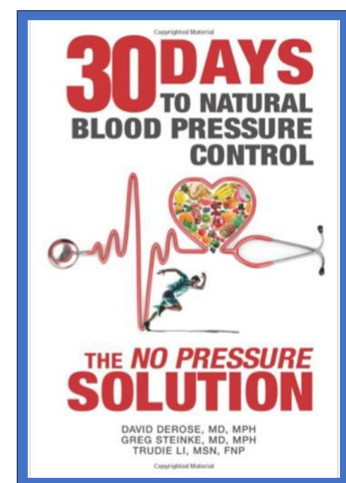


Figure 5.4 Magnesium Champions

Top food sources of magnesium in the 2015 USDA database based on amount of magnesium found in a one cup serving. (The data below is essentially unedited, deletions only being made for multiple forms of the same food item.*)

	Food Item	Weight (grams)	Magnesium content
1	Rice bran, crude	118	922
2	Molasses	337	816
3	Seeds, pumpkin and squash seed kernels, dried	129	764
4	Mothbeans, mature seeds, raw	196	747
5	Seeds, cottonseed flour, partially defatted (glandless)	94	678
6	Hyacinth beans, mature seeds, raw	210	594
7	Yardlong beans, mature seeds, raw	167	564
8	Seeds, watermelon seed kernels, dried	108	556
9	Cowpeas, catjang, mature seeds, raw	167	556
10	Mungo beans, mature seeds, raw	207	553
11	Soybeans, mature seeds, raw	186	521
12	Seeds, sesame seed kernels, dried (decorticated)	150	518
13	Soybean, curd cheese	225	513
14	Nuts, brazilnuts, dried, unblanched	133	500
15	Amaranth grain, uncooked	193	479

* For example, pumpkin and squash seeds occur once only in the "top 15 list," whereas in the actual database they appear several times, owing to different "forms" of these foods; e.g., salted vs. unsalted, roasted vs. dried.

From: 30BP

Figure 9.5 Sleep Hygiene Principles

From: *30BP*

- ✔ **Exercise Regularly** for at least 30 minutes daily, preferably more than four hours prior to bedtime. Exercise closer to bedtime stimulates some individuals and will make it more difficult for them to sleep.
- ✔ **Get Bright Light Exposure During the Day.** Bright light exposure early in the day helps you fall asleep. Bright light exposure just prior to sunset helps individuals sleep through the night.
- ✔ **Keep Evening Meals Light – at Least Four Hours Before Bedtime.** Although late night eating can make you feel sleepy, a rising blood sugar will undermine the production of growth hormone, a compound that even adults need to get peak rejuvenation from sleep.
- ✔ **Avoid Caffeinated Beverages.** Caffeine after lunchtime may erode sleep quality. Even earlier in the day, caffeine may affect sleep by lowering melatonin levels.
- ✔ **Avoid Alcohol.** Late afternoon and early evening alcohol intake interfere with sleep architecture (the normal rhythmicity of sleep which is necessary for optimal restoration); alcohol at other times erodes resolve, making it easier to neglect to practice good lifestyle habits throughout the day.
- ✔ **Avoid Nicotine Intake.** Nicotine isn't your friend when it comes to blood pressure, or health in general. If you still haven't made a complete break, avoid this stimulant for at least four hours before bedtime to get the best sleep.

Figure 9.5 Sleep Hygiene Principles (continued)

- ✓ **Avoid High-Risk Naps.** Naps that are longer than 30 minutes or later in the day (after 3 PM) are more likely to interfere with sleep.
- ✓ **Maintain a Regular Sleep Schedule,** even on the weekends. Your body functions best when it can lock into a daily *circadian* rhythm. If you get up at the same time each day, your body will properly time the release of hormones like cortisol, so you'll be ready to hit the ground running.
- ✓ **Have a Sleep Routine.** Your body does best if you give it cues to wind down. Examples include listening to soothing music, praying, meditating and reading inspirational material. Also consider taking a warm or tepid (lukewarm) bath or a hot shower.
- ✓ **Mentally Prepare for Sleep.** Wind down mentally before bedtime; don't take anger, worries or concerns with you into the bedroom. (Incidentally, watching the news is generally not an effective way to do this.)
- ✓ **Refocus Your Brain.** If you can't mentally wind down, go to sleep listening to something that is engaging but not stimulating. This is best accomplished by listening to something familiar. Such an activity can focus your brain on something other than unpaid bills, tomorrow's meeting, your retirement account, or other waking activities.
- ✓ **Avoid Late-Night Light-Emitting Screens.** For an hour before retiring, avoid any significant use of light-emitting screens (laptops, tablets, smartphones, etc.).

Figure 9.5 Sleep Hygiene Principles (concluded)

- ✔ **Go to Bed Early.** Because restorative hormones, like growth hormone and melatonin, peak earlier in the night, sleep before midnight may be better sleep than after. Some experts recommend turning in by 10 pm.
- ✔ **Rethink the Alarm Clock.** Depending on an alarm is usually an indication that you're shorting yourself on sleep. After all, if you get to bed early enough, you should be able to get your required sleep and still be up in time for your morning routine. However, tossing your alarm clock may be premature. For example, anxiety-prone individuals may sleep more fitfully without the assurance of an alarm preventing their oversleeping. Bottom line: you may be better off, sooner or later, without an alarm clock.
- ✔ **Ensure Restful Surroundings.** Cool, dark, comfortable and free of excessive noise are all qualities of an optimal sleeping environment. Wearing earplugs or blinders may be necessary in certain circumstances.
- ✔ **Get Up and Try Again.** Don't try to "force sleep." If you've been lying in bed for more than 20 minutes, get up and do something non-stimulating. Then try to go back to sleep again. Such non-stimulating activities include low intensity exercises, like stretching or marching in place at your bedside. If you can do this safely with the lights out, so much the better. (Avoid doing things that are stimulating or interesting as this can increase wakefulness.)

From: 30BP