

We offer Personalized Nutrition and Health services to optimize your Metabolic Health, Disease Management and more. Reach us today on: muminawellness@gmail.com/ +254723899429 & follow us on ALL socials @Mumina Wellness Solutions

What Raises Your Risk of High Blood Pressure?

Several factors dramatically increase your risk of developing hypertension — and consequently, kidney disease:

Risk Factor	Why it Matters
Family History	Genetic predisposition can make you more susceptible
Obesity/Overweight	Excess weight strains the heart and blood vessels
High-Salt Diet	Sodium increases blood volume and pressure
Sedentary Lifestyle	Lack of exercise weakens heart efficiency
Smoking and Alcohol Use	Damages blood vessels and spikes pressure
Chronic Stress	Triggers hormonal surges that elevate pressure
Chronic Conditions (e.g., Diabetes, Sleep Apnea)	Accelerates vascular damage

And here's the kicker:

Even **borderline blood pressure levels** (pre-hypertension) can already start hurting your kidneys without you feeling a thing.

BLOOD PRESSURE & KIDNEY HEALTH CHECKLIST

How to Protect Your Kidneys by Managing Your Blood Pressure Naturally?

✓ Daily Habits That Support Healthy Blood Pressure & Kidneys:

- ☐ Drink at least 1.5–2 liters of clean water daily (unless on fluid restriction)
- ☐ Use little or no added table salt — flavor food with herbs/spices instead
- ☐ Eat potassium-rich foods (bananas, sweet potatoes, beans) — unless advised otherwise

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- ☐ Include vegetables in every meal — aim for 3–5 servings per day
 - ☐ Get 30 minutes of moderate movement (walking, dancing, etc.)
 - ☐ Sleep 7–8 hours — consistently
 - ☐ Take deep breaths or short breaks to manage stress levels
 - ☐ Avoid smoking and limit alcohol
 - ☐ If diabetic: Check your blood sugar regularly
 - ☐ Take blood pressure readings weekly (home monitor or pharmacy visit)
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⚠ Watch Out for These High-Risk Triggers:

- ☐ Processed/packaged foods (e.g., sausages, instant noodles, chips)
 - ☐ Regular use of painkillers like NSAIDs without medical guidance
 - ☐ Skipping meds or self-adjusting doses
 - ☐ Frequent fatigue, puffiness around eyes, or swollen feet — see a doctor!
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♥ Ask Yourself Regularly:

- ☐ Do I know my blood pressure numbers?
 - ☐ When was my last kidney check (urinalysis, eGFR, creatinine)?
 - ☐ Is my diet supporting long-term organ health?
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Ready to Take Control?

Join **Mumina Wellness Nutrition Coaching** for a personalized plan that fits your lifestyle, medical needs, and goals.

Subscribe to our newsletter for weekly tips and get your free e-guide: “How to Eat for Blood Pressure and Kidney Health”

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