

# Make Up Your Mind Brain Cap Activity

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In Brief: Your Guide to Lowering Your Blood Pressure with ...

1 teaspoon of table salt). Then, talk to your doctor about gradually lowering it to 1,500 mg a day. Keep in mind: The less sodium you eat, the more you may be able to lower your blood pressure. Choose and prepare foods with less sodium and salt, and don't bring the salt shaker to the table. Be creative—try herbs, spices, lemon, lime, vinegar,

#### BRAIN GYM LIST OF 26 BRAIN GYM EXERCISES

Rest your left hand on your hip. Bring the right arm straight up and touching the side of your head. 3. Your straight arm and head stay "attached" at the ear as you bring your arm in front and in the middle, perpendicular to your torso. Look at your middle finger and imagine a line extending straight out from its tip. 4.