BLOOD PRESSURE
Also see high and low blood pressure

BL. PRESSURE: _____ Sitting _____Standing _____ Lying down

DIAS(bottom #)	SYSTOLIC(top #)				
	92-111	112-141	142-191	192-280	
111-70			50-71D	50-71D	A, B, E, O: Heart
		72-87D	72-87D		C: Heart +/or CX
		88-120E	88-120E		D: Central Spin.Fluid
91-110		72-87H	50-71B	50-71D	F, N: Stomach
		88-120A	72-87 I	72-87D	G: Lungs
			88-120E	88-120E	H: SI, LI, ST, Pan
75-90	72-87F	60-100	50-71J	50-71J	I: Heart, Kidneys
	88-120G		72-87J	72-87J	J: ST, CX, Thy
			88-120N	88-120N	K: Thy, Kidneys
51-74	72-87H	50-71B	72-87O	50-71B	L: Thy, CX
	88-120H	50-71B	120-150L		M: Kidneys
10-50	50-71K	60-80C			
	90-120H				

Systolic is top number: highest level your blood pressure reaches when your heart beats.
Diastolic is bottom number and is the lowest level your blood pressure reaches as your heart relaxes between beats.
A 3:2 ratio is ideal eg. 120/80 (120 divided by 80 = 1.5)
Diastolic hypertension is not good, small vessels that supply blood to the vital organs are affected the most by such high pressure of blood. Elevated diastolic can cause hardening arteries as a result become less elastic and scarred and are prone to break a lot easier and get blocked.

Systolic plus Diastolic times the heart rate eg. 120/60 X 62 bpm = (120+60) X 62 = 180X62=11,160. Ideal range is 10,500 - 12,500. As it starts to go higher, especially when it gets up into the high 14,000s and 15,000s, it's an indication of possible cardiovascular stress and potential volume overload. When it's too low, down in the 9,000s or below, it's potentially an indication that there isn't enough electrical energy in the cardio-renal system to keep things going. Electrolytes, enzymes and specific CV remedies.
Of course, highly trained athletes may score low on this index because of the efficiency of their systems – lots of athletes have a resting heart rate in the 40s or low 50s.
Even mine is about 52 beats per minute because of all the tennis. So an athlete with a good BP of 115/60 at 45 would score a really low 7,875 but could be in great health.
You have to take this in context but it's an index often used in emergency rooms to quickly evaluate the relationship of blood circulation to volume.

Heart Beats/Breath testing for blood pressure: Divide your beats a minute by breaths a minute.
BEATS: _____ BREATHS: _____ = _____
5: ideal 4-6 ok 3 (needs urgent care) 2 (death near, work fast) 6+ (toxins may be taxing heart or respiration center in brain).

Blood pressure cuffs for wrist are online. They are quite inexpensive. Omron 3 series is $45. Bluestone is $20. Can also get at walmart.com

If you have high blood pressure, check out the kidneys and make sure they are in order. The kidneys and heart function together and if one is weak, the other will show difficulties.