

BLOOD PRESSURE READINGS-ADULT						
AGE		SYSTOLIC		DIASTOLIC		
10 TH YEAR		100		70		
20 TH YEAR		120		80		
30 TH YEAR		122		81		
40 TH YEAR		126		84		
50 [™] YEAR		130		86		
60 TH YEAR		135		89		
70 TH YR OR OLDER		140		89		
Warning Contact Dr. Smith		110 or Below		65 or Below		
PULSE READINGS Readings per 60 Seconds Followed By Readings in (Seconds); Contact Dr. Smith for Children Pulses						
MEN		WOMEN		RESULTS		
Under Age 45	Over Age 45	Under Age 45	Ove	er Age 45		
Below 72 (18)	Below 76 (19)	Below 80 (20)	Belo	ow 84 (21)	Excellent	
72 – 80 (18 - 20)	76 – 84 (19 - 21)	80 – 88 (20 - 22)	84 - 9	92 (21 - 23)	Good	
84 –100 (21 - 25)	88 –104 (22 - 26)	92 –112 (23 – 28)	96 –1	16 (24 -29)	Average	
Above 100 (25)	Above 104 (26)	Above 112 (28)	Abov	ve 116 (29)	Poor	
60 or Below	60 or Below	60 or Below		or Below	WARNING CONTACT DR. SMITH	

Readings are according to Clinical Nutrition and Naturopathic Research and Experience, which may differ from "medical" research.

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