



Pre DOT Exam Checklist for High Blood Pressure (Hypertension)

How to prepare and pass your next DOT Physical:

- When you have a blood pressure over 140/90, you will likely receive a one year DOT Medical Card / Medical Examiner's Certificate
- When it's really high, you may be referred to urgent care, the emergency room, receive a limited card length or even disqualified
- Here are the steps to lower your blood pressure before your DOT Physical
 - Eat more raw vegetables
 - Walk 5-20 minutes per day at a normal or brisk pace
 - Practice relaxation and deep breathing
 - Quit or reduce your tobacco consumption
 - Quit or reduce your caffeine intake

For free information about lowering your blood pressure naturally, visit www.truckertransformation.com

[CLICK HERE](#) to buy, the best guide on lowering your blood pressure naturally.