



Wellness
By Design LLC

HEALTH CLARITY SERIES™



Understanding Your Blood Pressure

*Go Beyond the Numbers.
Discover the Story.*



A COMPLIMENTARY
HEALTH CLARITY GUIDE

Dr. Larona Gore

FOUNDER, WELLNESS BY DESIGN

*Personalized Guidance.
Professional Clarity.*



Perhaps this guide found you for a reason.



A NOTE FROM DR. GORE

A Promise to You

Clarity should feel calm, personal, and possible.

Hi...

Before we begin, I would like to share something with you.

Over the years, I have met many people who genuinely wanted to understand their health. They were not looking for more medical words or another overwhelming pamphlet. They simply wanted someone to explain things in a way that finally made sense.

Maybe you have checked your blood pressure twice and received two different readings. Perhaps it was higher during an appointment but lower at home. Maybe you changed what you eat, worked on managing stress, or took your medicine as prescribed and still wondered why your numbers rise and fall.

You may know the numbers, but still not understand the story behind them.

Whatever brought you here, I am glad you are here.

This guide gives you a place to begin. It offers practical information to help you recognize the pattern, prepare for clearer conversations, and take the first step toward understanding what your body may be telling you.



Confidence grows one conversation, one question, and one new understanding at a time.

- Dr. Larona Gore



START WITH THE STORY

Three Things Everyone Should Know

Simple facts. Meaningful clarity.

1**WHAT BLOOD PRESSURE MEASURES**

Blood pressure is the force of blood pushing against the walls of your arteries. The top number, systolic, reflects pressure when the heart beats. The bottom number, diastolic, reflects pressure while the heart rests between beats.

2**WHY HIGH BLOOD PRESSURE IS OFTEN CALLED 'SILENT'**

High blood pressure usually has no warning signs or symptoms. You can feel well while your numbers are above a healthy range. Measuring it accurately is the only way to know.

3**WHY THE PATTERN MATTERS**

One reading is a snapshot. A record of accurate readings over time gives you and your healthcare professional a clearer picture of what may be happening.



~100,000 beats each day

A MEMORABLE REMINDER OF HOW FAITHFULLY YOUR HEART WORKS



WHAT THE RANGES MEAN

Know Your Numbers

The category is based on the higher of the two numbers.

CATEGORY	SYSTOLIC TOP NUMBER	DIASTOLIC BOTTOM NUMBER
Normal	Less than 120	and less than 80
Elevated	120-129	and less than 80
Stage 1 hypertension	130-139	or 80-89
Stage 2 hypertension	140 or higher	or 90 or higher
Severe hypertension	Higher than 180	and/or higher than 120

**WHEN A READING IS HIGHER THAN 180/120**

Wait one minute and check again. If it remains that high and you have chest pain, shortness of breath, back pain, numbness, weakness, a change in vision, or difficulty speaking, call 911. Without those symptoms, contact your healthcare professional promptly.

A single reading does not confirm a diagnosis. A healthcare professional considers repeated readings and your overall health.



ACCURACY CHANGES THE STORY

Measure With Confidence

Small details can meaningfully affect a reading.

01 PREPARE

Avoid caffeine, exercise, and smoking for 30 minutes. Empty your bladder.

02 REST

Sit quietly for at least five minutes before the measurement.

03 POSITION

Keep your back supported, feet flat, and legs uncrossed.

04 PLACE

Use a properly fitting upper-arm cuff on bare skin. Rest your arm at heart level.

05 PAUSE

Do not talk, text, or move while the reading is being taken.

06 REPEAT

Take at least two readings, one to two minutes apart, and record both.

One reading is a snapshot. A consistent record helps reveal the pattern.



WHEN ANSWERS STILL LEAVE QUESTIONS

You Found the Information. But Does It Make Sense?

Information is everywhere. Understanding is not.

**MAYBE YOU HAVE ALREADY LOOKED FOR ANSWERS**

Maybe you have searched online, watched videos, or even asked ChatGPT or another AI tool to explain your blood pressure.

You may have received an answer and still found yourself wondering how all of it fits together. That does not mean you are incapable of understanding your health. Sometimes information is presented in separate pieces without anyone helping you connect them.

YOU MAY STILL BE WONDERING

- Why is my blood pressure higher on some days than others?
- Could stress, sleep, or what I eat be affecting my readings?
- Why is my reading different at home than it is during an appointment?
- What are those two numbers telling me about my heart?

A SAFER MEDICATION MESSAGE

Do not stop, skip, or change a prescribed blood pressure medicine based only on a home reading. Home monitoring helps inform care, but it does not replace regular visits or guidance from the prescribing clinician.

Knowing the facts is helpful. Connecting the pieces is where clarity begins.



BRING THE PATTERN WITH YOU

Your Clarity Page

Track the numbers. Capture the questions. Continue the conversation.

BLOOD PRESSURE TRACKER

DATE	TIME	BLOOD PRESSURE	PULSE	NOTES

CONVERSATION STARTERS

- ☐ What blood pressure range are we aiming for?
- ☐ How often would you like me to monitor at home?
- ☐ What should I understand about my medicines?
- ☐ Which daily changes may matter most for me?
- ☐ What readings or symptoms need prompt attention?

NOTES



UNDERSTANDING IS THE BEGINNING

Discover the Story

The guide gives you a starting point. The workshop connects the pieces.

LISTEN TO YOUR HEART

An Interactive Wellness By Design Workshop

Understanding Blood Pressure, Heart Health, and What Your Body May Be Telling You

AI can provide helpful information and answer the question you enter. In the workshop, we slow it down, show you the anatomy, connect the information to how the heart actually works, and make room for the questions that arise as you learn.

- What the heart is and how it works
- How blood moves through the heart and blood vessels
- How the heart and blood vessels create the two numbers
- Why blood pressure may fluctuate and how different factors connect

You do not need more disconnected information. You need to see how it fits together.

ABOUT DR. LARONA GORE

Dr. Larona Gore, DC, is a licensed chiropractor, Anatomy & Physiology professor, Clinical Wellness Practitioner, and founder of Wellness By Design. She translates complex health information into clear, everyday language so adults can participate more confidently in their care.

**NEXT WORKSHOP****Scan for details**drlaronagore.com

Perhaps this guide found you for a reason. Your next step may be in the room.

Come ready to learn. Leave seeing your numbers differently.

Educational information only. This guide does not diagnose or treat a condition and does not replace care from a licensed healthcare professional. Do not change prescribed medicines or treatment without consulting the prescribing clinician. Sources consulted: American Heart Association 2025 High Blood Pressure Guideline and patient resources; CDC blood pressure measurement guidance updated May 2026; NHLBI treatment guidance. Accessed August 2026.