

RAGLAND'S BLOOD PRESSURE TEST FOR ADRENAL FUNCTION/STRESS MANAGEMENT

If you have access to an arm cuff blood pressure monitor please also do this home test. If not, you are welcome to buy an [arm cuff blood pressure monitor](#) on Amazon in the UK, or look for a similar one elsewhere.

NOTE...We are NOT testing your blood pressure...we are testing adrenal and kidney function, which is what causes the increase/decrease or static readings when you do this test.

Instructions for taking the FOUR blood pressure readings:

1. Sit in a comfortable position. Take your blood pressure with a Blood Pressure Monitor (see machine's instructions). Write it down, below
2. Lie down flat on the floor. Take your blood pressure. Write it down, below.
3. RELAX on the floor in this position for 2 minutes. Leave the Monitor ready to use *immediately for the next step.*
4. Stand up and IMMEDIATELY take your blood pressure again. Write it down, below.

Expanded instructions:

Record the SYSTOLIC (TOP) READING for all the below positions please:

1. Pls be in a SITTING position on a chair (pls take the blood pressure reading while SITTING as a baseline reading)
2. Now from the SITTING POSITION pls LIE DOWN (pls take the blood pressure reading while lying down)
3. Now from the LYING DOWN position pls go straight to STANDING UP (pls take the blood pressure reading when you are standing)
4. Now go from STANDING to LYING DOWN again (face up) (pls take the blood pressure reading while lying down again)

	SYSTOLIC READING	DIASTOLIC READING	PULSE READING	RESULTS (up/down)	IRIDOLOGY ADRENAL RESPONSE	SALTER SCALES	
SITTING						Weight (stone/kg)	
LYING DOWN						Hydration (Water) %:	
STANDING						Body Fat%:	
LYING DOWN						Muscle %	
						calories RQD:	BMI :

Interpretation:

SYSTOLIC READING: SITTING to LYING DOWN SHOULD **DROP** between **6 and 10 points**

SYSTOLIC READING: LYING DOWN to STANDING SHOULD **INCREASE** between **6 and 10 points**

STANDING to LYING DOWN (face up) **SHOULD NOT INCREASE** (If it does, check kidney function - may need support)

If this DOES NOT happen, please inform me, in order that we may discuss an appropriate Adrenal Restoration/Stress Management Programme.