

Diagnostics & Speciality Centre

Mr. N. Rameshkrishna Reddy. 32 Yrs. M 24/07/2021

HTN - 170/90 mmHg since 2 wks. Hx of Covid-19 infection 2 wks
Lipid profile → Mostly out of wks dealing to Hyperlipidemia -

Chest X Ray → On the way to healing Covid-19 infection.

Advice: +

1. Drink up to 4 litres of Water/day.

2. Choose your Salt to sea salt. Add Salt at the end of

3. Yoga + Exercise → Mixed Blend. (20m + 2wks)

4. Get rid of STRESS