

JUNE 2022



MAGAZINE

DR.
PROPHETESS
TARYN N.
TARVER



PROPHETIC
CORNER

MARRIAGE
PURPOSE
PARTNERS

Men's Den

BUILDING A STRONG
SENSE OF SELF

"THE POWER OF
TRUSTING GOD"
BY PAUL BISHOP

PASTOR VAN
BROWN
"LOVE"

KINGDOM
FINANCES

PROPHETESS
LOLITA
BROWN

"PROPHETIC
FORECAST"



www.lifelinetnt.org

TNT
GLOBAL MINISTRIES

HOST —
Prophetess
Taryn N. Tarver
Taryn N. Tarver
@Prophetesstaryn
Prophetess Taryn N. Tarver

HONORED
GUEST
SPEAKER
Prophet
EJ Newton
@ejaynewton

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NAVIGATION**

PROPHETIC TRAINING

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7:00PM PST/ 10PM EST
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TNT
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**BUSINESS
SUCCESS**

WORKSHOP, JUNE 3RD 5PM PST/ 8PM EST

@PROPHETESSTARYN TARYN N. TARVER PROPHETESS
TARYN N. TARVER

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WEEKLY



EVENTS



6 AM BIBLE STUDY

MON-FRI | 6AM PST | 9AM EST

Wake up every weekday morning to a power-packed word to carry you through your day! We will flip through our bibles and study to show ourselves approved!



MINISTER'S TRAINING CLASS

MONDAY | 7PM PST | 10PM EST

Seeking to become a Minister or Pastor? Join us on Mondays for this semester of Minister's Training Class! We will go DEEP in the word and discover the truth about God's word.



MIGHTY MEN OF VALOR

TUESDAY | 7PM PST | 10PM EST

CALLING ALL KINGDOM MEN! Join us every Tuesday night for our Mighty Men of Valor meeting. Come gain brotherhood and empowerment with fellow men in Christ.



LEADERSHIP TRAINING CLASS

WEDNESDAY | 7PM PST | 10PM EST

Are you a leader? Do you know that you've been called to lead? Join us every Wednesday night as we grow in leadership and excellence!

JUNE EVENTS

04



RELENTLESS KIDS

Calling all Relentless Kids! Join us on Saturday, June 4 at 11 AM PST as we grow to learn more about our power and authority, even as young believers!



BECOMING THE PROVERBS 31 WOMAN IN 2022

"A wife of noble character who can find? She is worth far more than rubies." -Proverbs 31:10 Ladies! Join us Saturday, June 4th at 6 PM PST, as we train to become Women of Noble Character.

17 18



LIFE CHANGE CONFERENCE

Join us VIRTUALLY Friday, June 17th at 6 PM PST and Saturday, June 18th at 3 PM PST to learn about marketplace ministry, wealth building and more!



04 | TNT MAGAZINE

25



LIFELINETNT YOUTH

Teen believer round up! Believers aged 12-17, join us Saturday, June 25th at 11 AM PST as we grow in community and build unity between our fellow teen brothers and sisters!



MEN'S MEETING: MANHOOD & MASCULINITY

Might Men of God, we're inviting you to our monthly men's meeting Saturday, June 25th at 6 PM PST. This month we will be tackling the manhood and masculinity of our Kingdom men.

PURPOSE PARTNERS GLOBAL MINISTRIES

Pastors Ron & LaDonna Roberts



“

Healthy Marriages and Healthy Families are the Foundations of a Progressive Society.

—
A

According to Wilkinson & Finkbeiner Family Law Attorneys divorce statistics, every 42 seconds, 86 per hour, 2,046 per day, 14,364 per week, and 746,971 divorces occur in America per year, WOW!

The challenge is that people often get carried away with the euphoria of getting married rather than preparing for Marriage. We spend 12 years preparing for College, an additional 4 plus years for a degree but little to no time preparing for the Marital journey that's meant to last their Lifetime! Question: If this Marital Preparation Practice continues, What's the True Strength and future of our Family System withstanding the test of time? Healthy Marriages and Healthy Families are the Foundations of a Progressive Society.

For this reason, Purpose Partners Global Ministries has been mandated to help Re-establish the institute of Marriage by equipping God's people with relevant knowledge and needed soft skills to excel in Marriage. PPGM's mission is to enhance, renew, restore, edify, unite and prepare God's people for the institution that was our core foundation at the beginning, starting with Adam and Eve.

The world is more conversant with dating than courtship. With that being said, it's crucial for us to highlight the difference between courtship vs. dating. Do not mistake dating for courtship like the masses. When a couple is dating, oftentimes, the couple has not committed to the possibility of marriage in any fashion. The depth of a dating relationship mostly brings fun and the excitement of having someone who may be attracted to you. Dating without purpose will open the many doors of temptations as they often seek an exclusive relationship independent of others' influence or counsel.

(continued on page 10)

GOD DREAMS

Debbie Carlson

Ever wonder if your dreams mean anything?
Is God speaking to you through them?

YES! God IS speaking to you and they DO mean something!!

Job 33:14-17 "For God may speak in one way, or in another, yet man does not perceive it. In a dream, in a vision of the night, when deep sleep falls upon men, while slumbering on their beds, then he opens the ears of men, and seals their instruction. In order to turn man from his deed and conceal pride from man, he keeps his soul from the pit, and his life from perishing by the sword."

God spoke throughout the scriptures in visions & dreams & "He is the same yesterday, today & forever"! (Heb 13:8)

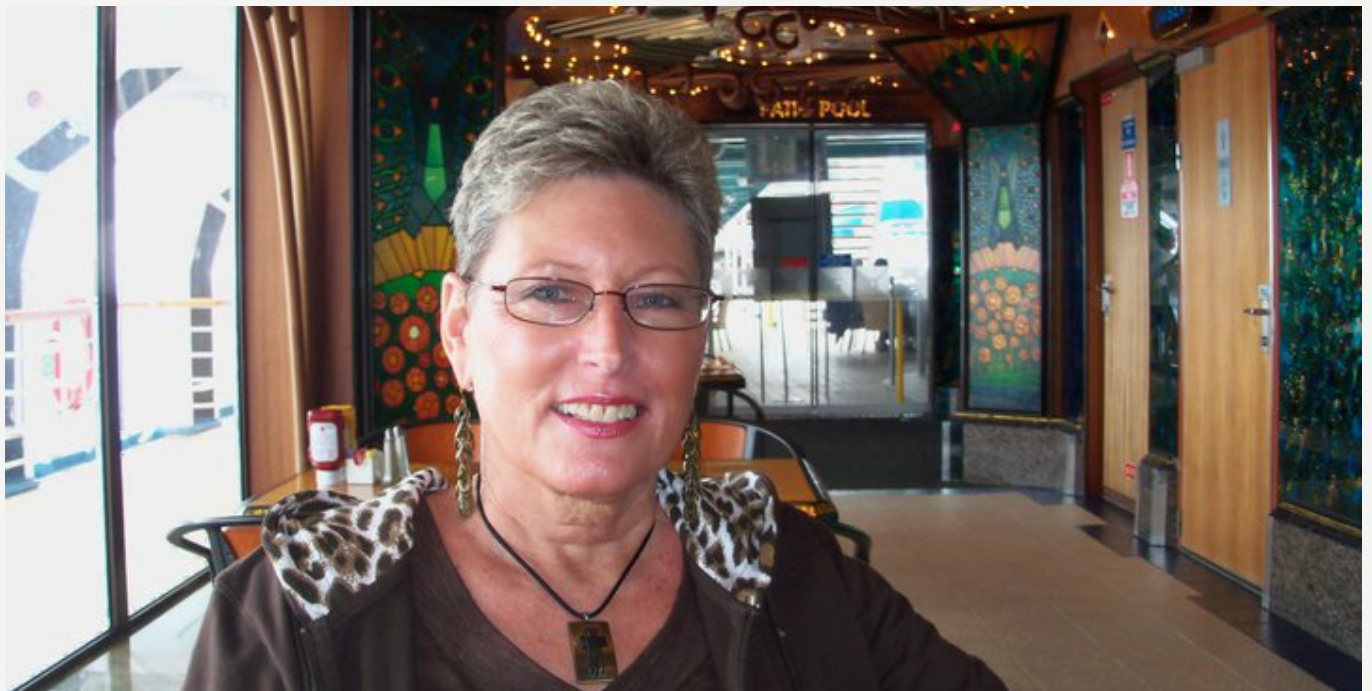
I love to teach on this subject (along with many more subjects!) and interpret dreams for people.

You can learn more by getting my book, "Dream Symbols" or by having me come teach on this & many other subjects by contacting me at Debbicarlson@aol.com.

She also wrote a book that she is currently editing for reprint, "How To Forgive".

Debbi Carlson is an itinerant teacher, preacher & minister who lives in NW Alabama with her husband of 43 years. They have 5 children & 9 grandchildren.

GOD IS SPEAKING TO YOU ...
- debbicarlson@aol.com



“

YOUR GOD

WILL

FIGHT

FOR

YOU!

- Dr. Taryn N. Tarver



KIDS' KORNER

Did you know?

Jesus wants us all to be like little children before Him. According to the bible, when we come to Jesus like little children, we are able to obtain the kingdom of Heaven. No matter how young or old we are, Jesus wants us to always have the childlike faith. There's power in coming to Christ like children!

"But Jesus said, "Let the children come to me. Don't stop them! For the kingdom of Heaven belongs to those who are like these children."

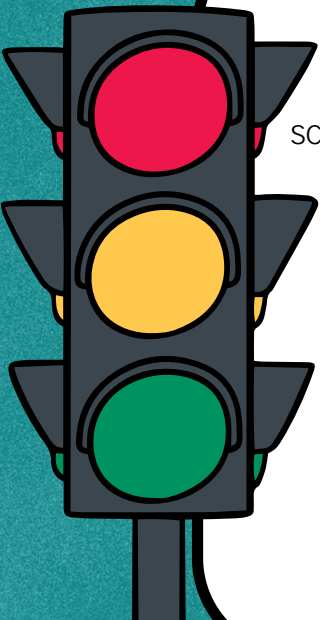
Matthew 19:14



RED LIGHT, GREEN LIGHT!

SCHOOL'S OUT AND WE CAN'T WAIT TO GET OUTSIDE AND ENJOY SUMMER! WHILE YOU'RE OUTSIDE PLAYING, TRY OUT THIS COOL GAME WITH YOUR FRIENDS!

1. Pick a person to be "It".
2. Have the "It" person stand at one location.
3. Everyone else must go to a "start" line far away from the "It" person.
4. When everyone is lined up, the "It" person must turn around and say "red light, green light, 1,2,3!" and turn around.
5. While the "It" person is counting, everyone at the "start" line must try to run to the "It" person before they turn around.
6. If the "It" person turns around and you haven't reached them, you must FREEZE. If they catch you moving, you must go back to the "start" line UNLESS you can recite a full bible verse.
7. First person to the "It" person wins, and gets to be the "It" person.



RELENTLESS KIDS



HOST

PROPHETESS

TARYN N. TARVER

@PROPHETESSTARYN

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TARYN N. TARVER

PROPHETESS
TARYN N TARVER

SPEAKER
MINISTER

CHANELLE ROBINSON

@CHANELLETNTELIAS

SPEAKER
MINISTER

DEJA SLAUGHTER

@COVERSBYHAIR_TNT_ELIAS

SPEAKER
PROPHET

IZAK SIMPSON

@PROPHETIZAK



LIVE

**ON ZOOM
FOR FREE**

AGES 4-11

**SATURDAY
JUNE 4**

11AM PST/ 2PM EST



Purpose Partners Global Ministries

continued from page 5



On the contrary, courtship is a relationship between a man and a woman who desire to make a lifetime commitment to Holy Matrimony. Both parties are mature, diligently seeking to honor God, maintain sexual purity, and respect the set boundaries of the relationship. Courting Couples are accountable to their parents, mentors, and spiritual leaders. During courtship, the couple continues to seek God's directives and learn from each other. However, in this trial-like version of Marriage, the couple may conclude irreconcilable differences and terminate their Courtship before advancing to Marriage...

Marriage is a covenant established by God between a man and a woman who have

to leave their parents and cleave to each other. In marriage, an institution established by God, couples should operate under the covenant guidelines according to scriptures to reap the full benefits that a healthy marriage could provide.

The idea of Marriage was ordained to mirror the relationship that exists between Christ (The Bridegroom) and the church (The Bride). Christ loved the church and gave himself for the church. Like manner, as one of the basic principles established in the scriptures to keep marriages working. The duties of husbands are to love their wives as Christ loved the church and the duty of Wives is to submit to her own husbands as unto the Lord (Ephesians 5:22-25)

Purpose Partners Global Ministries is committed to helping you make your marriage work and be enjoyable. We're a community of Experienced and Supportive Christians sharing the challenges we have overcome.

If you want to determine if engagement is your next step, want to prepare for the marriage, or are seeking to strengthen your Marriage, join us and be part of Purpose Partners Global Ministries today!





LOVE

PASTOR VAN BROWN

I remember growing up as a kid and to my recollection there were no moments of sitting at the dinner table together as a family. We had such a large family, 6 siblings, my mother and father, our dining table simply did not accommodate us. Dinner time was simply spent with all of us in different locations, my father in his room, my mom and sisters in theirs and the brothers in the living room watching tv. This happened every dinner whether it was on a weekend or a weekday. I never thought it to be strange. I know that we have a loving family and I know that we love spending time with each other but there's a difference between knowing something and having evidence of it. Is it possible, simply because we have never experienced this kind of intimacy before we didn't know what we were missing? Not only that, my parents had a loveless marriage, my siblings and I saw a roommate situation masquerading as a marriage. Don't get me wrong they were civil when they spoke and always made sure that the kids were taken care of physically and financially. I'm learning that it takes more than that to produce a successful leader and lover of life.

When I was old enough to start dating I would go to other families homes and I noticed they actually sat to have dinner and had these weird discussions about their day. In my early dating life, I suffered tremendously, not only did I not have the confidence but I lacked the ingredients in order to demonstrate what was really inside of me. And life rewarded me according to the foundation I was given. This is not an attempt to cast blame towards my parents, they simply gave me everything they had. I know this to be true simply because on my journey to wholeness I did some research on the parental style of my grandparents and I realized they simply duplicated what they saw. I thank them for the rich work ethic, the ability to protect and provide and now I simply have to build upon the love and the sensitivity training.

The goal is never to hold grudges against your parents or parental guidance that raise you, always come from a place of gratitude. Some of you may have the feeling of, there is nothing to be grateful for, but I will remind you, feelings aren't facts. Find a way to give gratitude for those who took care and provided for you when you were unable to and make a promise to yourself to build upon what they gave. Find someone that you trust, do a self inventory, study the people that raise you, what are the challenges that you face from them raising you? Remember you're not trying to be excellent you only want the truth about the things you struggle with. Is it forgiveness? Lack of patience? The inability to commit? Are you violent? All of these things as bad as they may seem are simply coping mechanisms that you have adopted in order to protect yourself. But I have great news, with the right environment, love and encouragement, life has a way of always introducing you back to your true self. But it only can work if you are truthful, let humility be your best friend. There are some things that I have to change in order for me to be my best, be radical about it. And I promise you as you carefully replace the coping mechanisms with principles and truths about yourself the real you will emerge and people will pay you to be yourself. Use your early domestication to drive you to success, simply saying I don't want another person to encounter mediocrity.

We are doing a 21 Day Change Your Life Challenge. One of the words we are focusing on is temperance.

Temperance has to do with self-control and self-control has to do with being a bondservant. A bondservant gives themselves over to someone else to be led. You have to know that you're going to be a slave to something. You're either going to obey God or obey the devil and your actions will demonstrate your choice. However, Romans 6:18 says that first we were slaves to sin, but now we are slaves to righteousness. The truth is that you're being strengthened and you're growing. As your knowledge increases and as more light enters you, you begin to shed off all darkness and begin to obey the Lord.

Some people want to know how is it that I can obey at these times and not at other times? Let's check out Ezekiel 36: 25-27.

God desires to cleanse you from all your filthiness and all your idols. He wants to take out of you your stony heart and give you a new heart, but sometimes we haven't recognized that we need a new heart. The fruit that is coming from you, is coming from the heart you have now. A hard heart is in opposition to the things of God, so we want to receive a new heart and be infused with the heart of God.

If you read on, you'll see that God also wants to give you a new spirit, His spirit. You need to have the Holy Spirit. When you have the Holy Spirit, you take on the nature of God, you carry the fruit of the spirit, and you want to do right and align yourself with the things of God. You then have a nature of love and kindness. The spirit of God also transforms your character.

So if you find yourself having a hard time, ask yourself...Am I filled with the Holy Spirit? Is He in control in my life? Has he overtaken me? Do a self-check.

Let's go back to the heart. God says He will take out of you the stony heart and give you a heart of flesh. This heart allows you to feel for others like your neighbor, your spouse, your children. Things may not happen to you, but you have compassion for them. This is a heart of flesh. God says He will give you a heart of flesh, then He will give you a new spirit. This is key because God can't put His spirit within you until He gives you a new heart!

Sometimes you ask yourself "Why can't I do right? Why can't I forgive? Why can't I walk in love? Why can't I be faithful? Why can't I stop doing these things? Why do I keep going back to this?" It's because you need a new spirit and that stony heart is



doing what it wants to do. Once you have a new spirit, it causes you to walk in His statutes.

Think about it... The Peter that walked with Jesus is not the same Peter that was healing people with his shadow! Peter walked and talked with Jesus for years and heard many teachings from Jesus, but it wasn't until Jesus returned, demonstrated love to Peter even after his fall and asked him to get back in purpose that Peter truly transformed and began to walk in the character and nature of Jesus.

I prophesy that today you will have an understanding and a desire to take on the nature of Jesus. And once you take on the nature of Jesus and the love, the kindness, and the fruit of the spirit, that you will begin to go out and do powerful things in the mighty name of Jesus!

TNT
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DEC

FLORIDA

HONORED MOTHER
PROPHETESS
TARYNN TARVER

HOSTS
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BRENDA McLARY

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Empowering Women through Faith and Business

SPEAKER

DR. TARYNN
TARVER

PROPHETESS, SPEAKER
& AUTHOR

FRIDAY
JULY 22
6pm - 10pm

SATURDAY
JULY 23
9am - 5pm

July Speaking Engagements!

For tickets visit www.NikkiePryce.com/LTWS

A portrait of Paul Bishop, a man with a grey beard and glasses, wearing a dark suit, white shirt, and dark bow tie. He is looking slightly to the left with a serious expression. The background is a solid light yellow color.

PAUL BISHOP

THE POWER OF TRUSTING GOD

Ask yourself, do you really trust God? Many of us say we trust God, yet we oftentimes find ourselves afraid to step outside of our comfort zone. We might hear about someone else's relationship with God and trust in that, but we have not heard God for ourselves.

I remember when I first heard God speak directly to me, even though I was in jail at the time, He spoke to me in the original language... thoughts!

He told me to "put Him first and everything that I had and always wanted I will get, but I must put Him first". It sounded simple, but so direct to me so I started putting Him first. I began to read books, I attended group sessions, I prayed, I wrote scriptures and posted them all over my bunk bed and the walls; I was focused! Before long my thoughts began to change and I started understanding Bible stories about great men in the Bible.

"PUT HIM
FIRST AND
EVERYTHING
THAT I HAD
AND ALWAYS
WANTED I
WILL GET"

I met a man in jail that nobody would talk to, his breath smelled bad, and he wasn't the best person to look at; Nonetheless, God drew me to him. He was a good man who had never been to prison before. This man knew that I was getting out of jail, the day before my 30th birthday to be exact, and was asking God for direction; He had to be an angel or something! He gave me a name and phone number of a contact of his that would help me when I got out. Then, I followed his instructions which opened the door to the rest of my life. The crazy thing about this is that I knew absolutely nothing about being a barber, but I was putting God first. I know his instructions were leading me to become a Barber. When I sat down to take my Barber Licensing exam, I only trusted God's voice, knowing that I put in the work and honored all that God has asked me to do. Next thing you know, I received my Barber's license and I'm pretty good!

I remember one time I woke up about 4am and I had a vision of how to make a hair unit aka "man weave". The next day I made one solely by following God's instructions from the dream and this dramatically increased my finances. I began to meditate on doing a "perfect haircut" and then I received another dream on how to make that happen. I truly was trusting and relying on Him. The moral part of my story is that you have to trust your relationship with God. Everyone's experience is different, but God has never let me down and he won't let you down either. You must know that if God is with you, who can be against you? God was with me and will continue to direct my path.

Another instance of putting God first, attracted my wife to find me, Taryn. She saw the haircut of another child and asked their mother who cut her son's hair. Then she checked out my Instagram and called me to cut her two son's hair. I didn't know how good I was at cutting hair. My wife was the person who kept saying that I was "the best barber she had ever seen." She also shot the first video of me cutting hair. My wife truly helped to motivate me to grow deeper and strive for more. I trust in God and will continue to put Him first. God has positioned me to teach other people how to change their thoughts, speak life over their situation and to trust God knowing that nothing is impossible for you.

KEYS TO SUCCESS:

1. Remembering is key.

5. Stay in line with the word of God.

2. God is in everything and is everything.

6. Trust in the Lord and lean not on your own understanding, acknowledge Him and He will direct your path.

3. Think on good things.

7. Get an understanding from the Lord.

4. Form better habits.

8. Grow to be the best with truth. It makes you free.

K I N G D O M F I N A N C E S

Prophetess Lolita Brown



My name is Lolita Brown, I have been in the financial industry for 17 years. During this month of June, I want to give you a prophetic instruction to take your finances to the next level. For the next 30 days, every day I want you to say over your life a decree and declaration of prophecy upon yourself. What you are doing will allow you to take a moment to a deeper look, observation, and evaluation of all your financial situations that you are experiencing at this very moment. Evaluate your bank accounts, any debt you may be facing, even evaluate the way you budget. Remember budgeting is based on how much money is coming in vs. how much money is going out. Once you have evaluated every possible area of your finances, I want you to take a pen and paper and begin writing down all of your bills, income, and all of the accounts that you have, it is best if you are specific and write down your account number.

The next order of business, I want you to write down any form of ways which you receive finances. For example, if you are receiving finances through Cash App, Venmo, PayPal, or Zelle. Take a moment to write down all forms of financial payments or increase. Once you have completed these things, I want you to decree and prophecy a certain amount to come into your bank account for the next 30 days, every day in the morning and before you go to bed. Every morning when you wake up, I want you to repeat these words "Wealth is my inheritance and I receive it today", continue by stating a specific amount to appear to your bank account. For example, "Wealth is my inheritance and I receive it today, I want to receive \$10,000 today in my account number XYZ or Cash App, Venmo, Zelle, etc." By doing this prophetic instruction you are decreeing, declaring, and prophesying blessings over your life.

Within the month of June, God is releasing a major increase in our finances, this increase will be enough to carry us throughout this year and unto the next year. But I want you to be in the position to receive what the Lord has for you because those that knows what they want, will knock on the door and it shall open upon them. So, in this moment you must know what is it that you need and desire. At times we might be afraid to even look at our finances and deeply observe and evaluate it. The fear may enter because we do not want to hear or see that we are behind in our bills, or we are not on track with our money and savings like we had planned to be. Or we might be afraid, to actually look at our savings and see that you are actually making some really good money but now you need to hold yourself accountable to saving these funds. No matter what the situation is, it stops now, from this moment on I want you to be more alert and aware with you finances. I want you to know where you're going and when you're going to do it. In this time, God has laid it out for you to increase in finances and to start to build generational wealth for your family. As I, Lolita Brown, stand with you in increase with your finances, for the next 30 days the prophetic instruction has been laid here today.

I am looking forward to hearing all of the testimonies of how your financial statuses has went from "X amount to X amount". Knowing that God is your provider and "it is your inheritance that shall receive the increase and the blessings of the Lord". In this moment, take the time and make yourself aware of where you are, set goals, and prepare yourself to finish this year out strong. Not only with financial increase but also within the way you're saving, seeding, and tithing through the rest of the year.



LIFELINE TNT YOUTH

Ages
12-17



HOST
PROPHETESS
TARYN N. TARVER

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JUNE 25, 2022

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PROPHETIC FORECAST

APOSTLE INNOCENT JAVA

In the beginning God created the heavens and the earth (Gen 1). God is a creator. There is nothing impossible with Him. As we are in the month of June, we have stepped right into the middle of the year and in the prophetic theology of numerology, this month connects us to the number six, which is the prophetic day God gave life to his creation. (Gen 1:24-26) 24 God said, "I command the earth to give life to all kinds of tame animals, wild animals, and reptiles." And that's what happened. 25 God made every one of them. Then he looked at what he had done, and it was good. 26 God said, "Now we will make humans, and they will be like us. We will let them rule the fish, the birds, and all other living creatures."

This prophetic season marks the end of all toils and struggles. All the things You have been trying to create, businesses you been trying to start, projects you have been attempting to build to no avail, in this 6th month, the breathe of God is about to enter therein and give them life. Sometimes you feel like giving up.

You feel as though God has forsaken you. But I am here to tell you, He has been and is with you. As you enter in this month, you will start to see the presence of God manifesting in every creation you have put your effort and prayer towards.

Why is this so powerful? Because you have been praying. Why? Because the realm of the spirit responds to words. Why? Because creation responds to life on the 6th day. Therefore what you declare in the atmosphere is what becomes reality and manifests. The law of the realm of the spirit is governed by words. You have been praying and taking action. Now your effort will start to pay off. God is on your side.

Keep making those big moves, keep taking action. Apply your faith and see things come to pass. (James 2:17)-Thus also faith by itself, if it does not have works, is dead. Let your faith arise in power.

Use it dominate over circumstances. This month every action you take will be very productive according to what you've created according to your hearts desires. Remember! when you are walking with God, no circumstances can bring you down.

Therefore in this month of June I decree and declare; Every evil gathering contending against your life and your progress in order to frustrate your effort, may the anger of God arise and pursue them to death in the name of Jesus. No weapon formed against you shall prosper.

I decree and declare, This month you will prosper. You will eat the fruit of your hard work (Isaiah 3:10). You will be victorious!

Let this blessing follow you all the way to the 7th month. Where you will experience rest and see the completion of your hard work. You will rejoice and praise the Lord.

Receive it!



@INNOCENT_JAVA

18



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STOP

DEFENDING

YOUR

DEMONS

- Dr. Taryn N. Tarver

TNT
GLOBAL MINISTRIES

WELCOME TO THE MEN'S DEN

MEN OF VALOR

Every man has greatness in them TNT ministry's purpose is to inspire men to unleash their greatness and be a blessing to others.

Who are you?

Matthew 5:16

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

Every man has greatness in them TNT ministry's purpose is to inspire men to unleash their greatness and be a blessing to others.

Who are you?

Matthew 5:16

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

Building a strong sense of self

- 1 Define your values. Values and personal beliefs are fundamental aspects of identity.
- 2 Make your own choices. Your decisions should benefit your health and well-being.
- 3 Spend time alone.
- 4 Consider how to achieve your ideas.
- 5 Who has God called you to be?

Being self-aware of who you are is key to walking in your purpose.

HYPERTENSION

"The Silent Killer"



My name is LaChune Price, Physician Assistant Certified. I would like to discuss high blood pressure (hypertension), also known as "The Silent Killer," most prevalent in African American men. What is high blood pressure (hypertension)? A condition in which the force of the blood against the artery walls is too high. Usually, hypertension is defined as blood pressure above 140/90, and is considered severe if the pressure is above 180/120. High blood pressure often has no symptoms. Over time, if untreated, it can cause health conditions, such as heart disease, heart attack and stroke. Education, eating a healthier diet with less salt, exercising regularly, and sometimes taking medications may need to be added to help lower the blood pressure. According to Center Disease Control (CDC), "High blood pressure is more common in non-Hispanic Black adults (54%) than in non-Hispanic white adults (46%), non-Hispanic Asian adults (39%), or Hispanic adults (36%). A heightened response is required due to the disparities in high blood pressure control in African American men." High blood pressure usually develops over time. It can happen because of unhealthy lifestyle choices, such as not getting enough regular physical activity. Certain health conditions such as diabetes and having obesity, can also increase the risk for developing high blood pressure. High blood pressure can damage your health in many

ways. It can seriously hurt important organs like your heart, brain, kidneys, and eyes. High blood pressure can cause the arteries that supply blood and oxygen to the brain to burst or be blocked, causing a stroke. Brain cells die during a stroke because they do not get enough oxygen. Stroke can cause serious disabilities in speech, movement, and other basic activities. A stroke can also kill you. Having high blood pressure, especially in midlife, is linked to having poorer cognitive function and dementia later in life. Adults with diabetes, high blood pressure, or both have a higher risk of developing chronic kidney disease than those without these conditions. There's only one way to know if you have high blood pressure: Have a doctor or other health professional measure it. Talk with your health care team about regularly measuring your blood pressure at home, also called self-measured blood pressure (SMBP) monitoring. High blood pressure is called the "silent killer" because it usually has no warning signs or symptoms, and many people do not know they have it. What can you do to prevent or manage high blood pressure? Many people with high blood pressure can lower their blood pressure into a healthy range or keep their numbers in a healthy range by making lifestyle changes like getting at least 150 minutes of physical activity each week (about 30 minutes a day, 5 days a week), not smoking, eating a healthy diet, including limiting sodium (salt) and alcohol, keeping a healthy weight, and managing stress. I have treated people with high blood pressure (hypertension) for years, but majority of my patients has been African American men and I would like to educate as much as possible to prevent or help manage high blood pressure from being less prevalent in African American men.

My clinic is "Price Medical Services Inc" My website is www.pricemedicalserviceinc.com and I can be reach either by text or a phone call at (310) 654-7122.

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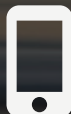
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