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These days every critic, especially when it comes to TV shows like Blue Bloods, where many fans know if writers are doing things for the sake of getting ratings. As it turns out, however, the case for Blue Bloods, as well as the way they are handled, are actually based on reality. That's why a lot of cops love watching the show. It may be full of drama, but the police work is real. So how do Blue Bloods writers manage to get all the technical details just right? The Rant screen has answers. Former NYPD detective edits the script of Blue Blood by Tom Selleck (en) Jojo Whilden / CBS via Getty Images According to Insider, there are several shows that get a lot of details wrong about solving crimes in real life. For example, profiling is not used as often as Criminal Minds would leave you to believe, and most police departments don't have access to the incredibly cool technology we see on CSI. So why is Blue Bloods different? Well, for starters, they hired an editor who has real law enforcement experience. Before Tom Selleck or Donnie Wahlberg get a chance to take a look at what their characters face, James Nuciforo, a former NYPD detective, takes a look at the script and edits it. And by the time he's done, there are five to 10 pages of jargon that take the show to the next level. It also plays a huge role in other areas of production. It gives feedback on the fast speed car chase, what hoops cops have to jump through to get a search warrant, and whether the pin on the lapel is positioned correctly. These little details may be lost to the general audience, but also to the cops who live the work, that extra care makes the show more real and relatable. What the cops think of Blue Blood is hard for viewers who have never worked in law enforcement to know whether something is accurate or not, but the cops who watch the show are quite supportive. In an interview with CBS 58, Tom Selleck said: We get a lot of positive responses from the police officers, my hero, and I think that's a lovely compliment. Other actors on the show hear from cops on the street as well. Vanessa Ray, who plays Eddie Janko-Reagan, said: It's like the coolest part of my job when I walk down the street and guys like NYPD like: Are you Eddie Jenko? Can I get the picture?! And I, how can I get the picture with you? Real Cops on Blue Blood So are there any other real cops on the show besides James Nuciforo? According to AM New York, there is. Given the level of detail of the show, it only makes sense that Nuciforo can't do it alone. It's a huge job for one person, so cbs brought in other officers to help make things as accurate as possible. AM New York reports: NYPD Film/Television, a sector of 26 employees working in collaboration with City Hall and entertainment, can also be found on the set of check props and helps the scene about life safely . Between Nuciforo and the NYPD Movie/TV Unit, the actors are taught how to safely use firearms, how to interact with suspects, and lingo that real cops use. For example, the police do not shout Freeze! when they see a suspect running away from the crime scene. At least they're not in real life. For the show, actors are taught to shout: POLICE, not MOVE! Just like the real cops in the academy. This may be overlooked by the general audience, but the police notice and appreciate the extra effort made in making the show realistic. They don't call high blood pressure a silent killer for nothing. It turns out that about half of Americans have this condition, which, when left unattended, can cause hardening of the arteries, stroke, kidney damage, and even early cognitive decline and dementia. However, most people with high blood pressure (also called hypertension) have no idea that they are suffering. High blood pressure, in most cases, is imptomatic, said Lawrence Phillips, M.D., cardiologist and assistant professor of medicine at NYU Langone Health. So people don't feel they have it, which is why regular screening is so important. (If you haven't checked your numbers in two years, see the document.) Simply put, blood pressure is the force of your blood pressure against the walls of blood vessels and arteries, and this is expressed as two numbers: the upper number (systolic blood pressure) represents pressure or strength in the arteries when your heart beats, and the lower number (diastolic blood pressure) is the pressure measured between heart rhythms, explains Amnon Beniaminovitz, M.D., a cardiologist in Manhattan. Love more than 130/80 mm Hg. art is considered high blood pressure. While normal blood pressure is necessary for survival, high blood pressure is dangerous because it means that your heart is running much harder to pump blood throughout your body. You can kind of think of high blood pressure as your blood is punching the walls of the heart and other organs over and over again, says Dr Phillips. If this stamping is on high power, you are going to develop thickening and damage over time. According to the American Heart Association, anything above 120/80 mmHg. art. is considered an elevated blood pressure, while anything that exceeds 130/80 mmHg. is considered high blood pressure. The good news: High and high blood pressure can often (but not always) be addressed with diet and lifestyle changes, says Dr Phillips. Step one: Find out what causes your high blood pressure in the first place. For most people, it's multifactorial, meaning a bunch of factors work in to splash your level in unsafe territory. Here are the most common causes of blood pressure and how to eliminate them to get your numbers back down.1 You rely on strongly on convenient processed foods. Excessive sodium intake has a direct effect on blood pressure. More salt equals more sodium in the blood, which then pulls water from surrounding tissues into blood vessels and increases blood volume, says Dr Beniaminovitz. More blood volume leads to higher blood pressure. But if you think I don't even use as much salt, it's probably still lurking elsewhere in your diet. According to the Centers for Disease Control and Prevention (CDC), Americans consume an average of 3,400 mg of sodium per day, well above the recommended cap of 2,300 mg per day. And from this, more than 70% of a person's sodium intake comes from processed and restaurant foods, including things like bread, breakfast cereals, chips, cookies, pizza, canned beans and vegetables, canned soups, and pasta sauce, rather than salt shaker itself. In addition, a diet of heavy processed foods can lead to weight gain, and when people are overweight, the body needs to pump blood into more tissues that can increase blood pressure, says Dr Phillips. We see a very high amount of high blood pressure in obese patients. ♥ BP Fix: Shorten the way back on packaged foods. Instead, load up on whole foods rich in beneficial nutrients like vegetables, fruits, whole grains, legumes, fish, nuts, seeds and olive oil, suggests Dr. Beniaminovitz. Potassium and magnesium are minerals that help blood vessels relax, which in turn can help lower blood pressure; and recent studies have linked high-fiber diets to a significant reduction in systolic blood pressure. If you want to follow a specific diet plan that has been proven to lower your blood pressure, Dr. Benyaminovents recommends either the DASH diet (Dietary Approaches to Stopping Hypertension) or a well-defined Mediterranean diet. 2. You get more than one alcoholic drink a day. For people who already drink, moderate alcohol consumption (one drink a day for women, two a day for men) is often not a problem, and some studies suggest that it may even help prevent heart disease. However, heavier alcohol consumption, especially frequent episodes of binge drinking, can lead to chronic high blood pressure, says Dr Phillips. Studies have also linked binge drinking to an increased risk of developing atherosclerosis-accumulation of fatty plaques in the arteries, which can lead to heart attack and stroke.♥ BP fix: If you're going to drink, drink moderately. One drink is equal to 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of spirits. And if it's really more about ritual than alcohol itself, consider about periodic replacement of your cup of cabernet for kombucha or one of those trendy new non-alcoholic cocktails from brands like Curious Elixirs, Seedlip, and Keen. Instant Images 3. You don't get enough exercise. Sitting too much or leading the presenters Lifestyle can tinker with almost every aspect of your health, and your cardiovascular health is no exception. Being sedentary leads to high blood pressure, both indirectly and directly, says Dr Beniaminovitz. Sedentary people tend to be overweight or obese, and as mentioned above, weight is a major reason for driving high blood pressure. In addition, getting regular aerobic activity will help you maintain healthy blood pressure by making blood vessels more compatible (or flexible) and less sensitive to hormonal influences, he explains, so lack of such activity can speed up blood pressure, making the heart and blood vessels work, which is much harder. ♥ BP Fix: Get your heart pumpin' (in a good way). An analysis of a study of nearly 400 studies shows that regular exercise can be just as effective as routinely prescribed blood pressure drugs. In the pantheon of physical activity, aerobic exercise is best under blood pressure, says Dr Beniaminovitz. Aim for at least 150 minutes of moderate aerobic exercise per week (about 20 to 30 minutes per day) such as cycling, brisk walking, swimming, barre class, or even higher speed yoga varieties like vinyasa. 4. You are chronically stressed. From an evolutionary point of view, stress hormones such as cortisol and adrenaline are released into the bloodstream to help us avoid danger (fight or run) - they raise heart rate, raise blood pressure, narrow blood vessels, and enlarge our pupils to help us think and move quickly, explains Dr Beniaminovitz. In the past, a stressful event usually ended pretty quickly, but today relentless work demands, overbooked schedules, complex relationships and even social media have led to an epidemic of chronic stress that causes the same release of stress hormones. But unlike our ancestral past, there is often no delay - it is constant, and thus blood pressure can remain elevated. One study found that logging more than 41 hours a week at work raised the risk of hypertension by 17% ♥ BP fix: Find zen. Physical activity is one of the most effective ways to reduce stress hormone levels and minimize their effects on blood pressure, says Dr Beniaminovitz. The practice of mindfulness, like deep breathing, meditation and yoga, or even reading a book or listening to your favorite music, can also keep stress hormones under control. You may also have to cut out certain activities like checking these work emails at any time. People need to learn themselves and their triggers, and how they may be able to remove themselves from situations that increase stress and anxiety, says Dr microgenGetty Images 5. You feel lonely or socially isolated. You may not necessarily feel stressed when you experience loneliness or social isolation, but these feelings, when persisted, can cause the same thing release of stress hormones that spike blood pressure, says Dr Beniaminovitz. Not to mention, chronic loneliness is associated with depression, and studies have shown a correlation between depression, subsequent weight gain, and increased blood pressure. ♥ BP fix: Make (and save) more plans with friends. We are social beings and we need a certain amount of social interaction to function optimally, says Dr Beniaminovitz. But if the idea of putting yourself there seems impossible, start small. Send a friend a quick DM to say what you think of them and see where things go. Combine physical activity and social time by doing weekly Saturday morning yoga classes with a pal. Want to make new friends? Try to meet with like-minded people voluntarily. (Here are eight ways to combat loneliness.) 6. You have sleep apnea (or your partner says snoring is a lot). Overall, inadequate sleep can lead to high blood pressure by increasing stress hormones, or by increasing your cravings for junk food and thus contributing to weight gain, says Dr Beniaminovitz. But the biggest cause associated with sleep-related hypertension is obstructive sleep apnea (OSA) - a disorder that causes someone to stop breathing for short periods of time during sleep due to obstruction of their upper respiratory tract. With higher rates of obesity, more and more people are developing OSA, says Dr Phillips. This leads to broken sleep and reduced oxygen levels in the body, and part of the body's reaction is to increase blood pressure. In fact, it is estimated that half of people with hypertension also suffer from OSA. Some signs you may have sleep apnea? Your partner says you snore or suffocate in your sleep and you are always tired despite having to go to bed at a reasonable hour. ♥ BP Fix: Book a meeting with a sleep specialist. If you suspect OSA, see your doctor as soon as possible so they can conduct a sleep study in which your oxygen levels will be measured throughout the night, says Dr Phillips. If you are diagnosed, you will

probably be prescribed a CPAP (continuous positive respiratory pressure) machine worn on your mouth and nose at night to help you breathe. 7. You have another health condition, or you are taking one of these medications. If you have high blood pressure, your doctor will most likely take into account a number of other ailments and disorders that, when poorly managed, cause your blood pressure to become elevated. These include thyroid problems, renovascular diseases, Cushing syndrome and a number of others. The key to all these conditions is the correct diagnosis, says Dr. Benyaminowitz. When the correct diagnosis is made, working with a doctor to reversing and treating these conditions often cures high blood pressure. In addition, a number of common medications can increase blood pressure such as antidepressants, decongestants, St. Wort, oral contraceptives, NSAIDs and prednisol. ♥ BP Fix: Document symptoms that seem unusual. If your paper says that your BP is high, bring up any strange symptoms that may indicate the underlying cause (e.g. if you experience weight gain, exhaustion, and hair loss, it may be hypothyroidism), and always provide them with a list of your current medications and supplements. If your medications are a problem, ideally they will be discontinued or changed to those that have no or less effect on blood pressure, says Dr Benjaminovitz. If a change in medication is not possible, often your doctor will prescribe optimal lifestyle and blood pressure medications to deal with the consequences. 8. You have a strong family history of hypertension. Genes play a role in high blood pressure, so young people in seemingly great health can still be diagnosed with hypertension, says Dr Philips. However, more often than not, it is also likely that people with a family history of high blood pressure share common environments (similar diets, similar sedentary lifestyles, etc.) that increase the risk, and it is very much modifiable. Our genes also interact with the environment, and we can influence them by choice, which we make, says Dr Benjaminovitz. While lifestyle changes may not help you in never developing high blood pressure, if you have a strong family history, an optimal lifestyle will help in delaying the onset of blood pressure and the need for early medication. Instead of developing high blood pressure in your 30s or 40s, with optimal nutrition and lifestyle you can delay the onset of high blood pressure until the late 60s or 70s. ♥ BP Fix: Watch out for the tips above! There's no magic bullet, but if you have a strong family history, it's even more reason to implement all the dietary and lifestyle recommendations above, eat whole foods, move your body more, manage stress, and get blood pressure checked regularly. Like what you just read? You'll love our magazine! Go here to subscribe. Don't miss the thing by downloading Apple News here and after prevention. yes, and we're on Instagram, too. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io piano.io blood relation reasoning tricks in hindi. blood relation reasoning tricks in english. blood relation reasoning tricks in hindi pdf. blood relation reasoning tricks in telugu. blood relation reasoning tricks in english pdf. blood relation reasoning tricks in tamil. blood relation reasoning tricks youtube. blood relation reasoning tricks videos

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