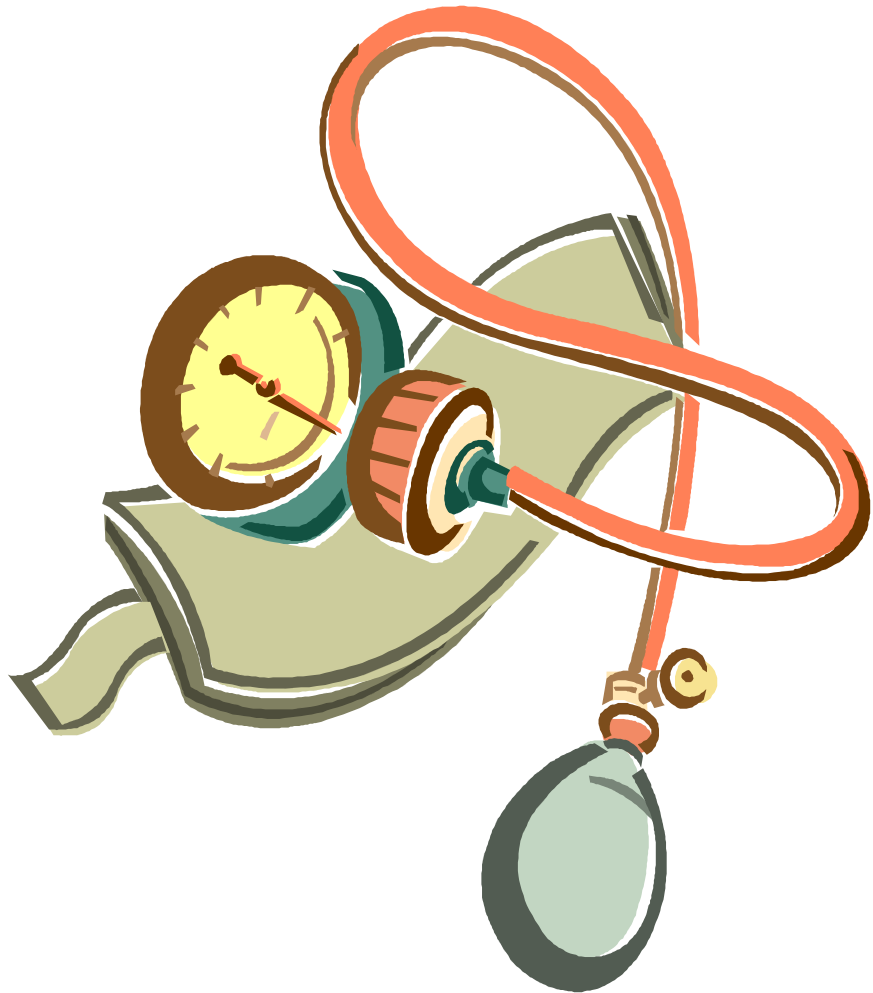


# HUNTING PREDATORS + HIGH BLOOD PRESSURE

I am one of those millions of people who make medical aids rich, I have high blood pressure and so do millions of you reading this, it isn't so bad just pop a pill, I try keep a strict diet and train a lot to keep it down, but it is a silent killer if not monitored, BUT it does bring other problems when calling jackal!

Because you have a heart beat that's more evident than it was before you got HB pressure it creates problems with regards to accuracy when shooting.



**It also affects your eye sight and in general it's a bugger! NOT TO MENTION WE are most times warmer in temperature than people without HB pressure!**

Here are ways and things I do to help me at night, to help with more accurate shooting.

1. **When we have HB Pressure our heart beats harder and this affects our shooting, firstly remember to not ZOOM in to close to a target or that cross hair will move more and with your body on the stock it will move a lot more due to your heart beating, same as trying to shoot accurately after running 50m! It will have this same effect, thump thump against the stock and bang that crosshair all over the place.**

2. Don't use a scope with a far to thin crosshair like target scopes, your heart beat will make that crosshair beat all over the target.
3. Make sure to use a front and rear cushioned padding to rest the rifle on and don't hold the rifle firmly against your side of the body with the rifles stock, make your chair and the padding do most of the rifle grasping.
4. Be careful when blowing a mouth caller, it will make you out of breath after a while, and your heart will pump faster, and knock around that crosshair, try to practise not overcalling, blow hand call distress 3-5 seconds and wait a minute, this is normal calling anyways on jackal, and if you see a dog running in and his is committed mouth squeak softly while watching him in scope. *DON'T EXHURT YOURSELF!*
5. Try to remain as relaxed as possible on that chair at night, don't think about things bothering you that makes your heart beat faster than normal, watch the stars or look for satellites in between scanning etc, remain calm.
6. If you are like me and many others people with HB pressure we have a warmer body temperature than many others, we are warmer generally so don't dress too warmly at night if you can as too much clothing will also effect BP and cause your heart to pump faster causing that crosshair to jump all over the place.
7. What I strongly recommend is to take your blood pressure tablet at exactly the same time everyday, this will start a regular body tolerant and your system will be more relaxed this way, I do this and it definitely does work.

If you want to keep a regular monitor of your heart and the readings buy yourself a small digital BP monitor and you can keep record of your readings.

Here is a unit I use. You can buy these at medical suppliers.



Blood pressure 125 / 73 it also gives you a pulse rate, after training and rest my pulse is 52, for a 48 year old guy that's very good.

Anyway hope this helps, but for us with BP problems it is harder to shoot accurately due to the heart beat thing against the rifle stock, that cross hair is banged all over the place.....

Here is an early morning reading. Remember to keep fit, have low cholesterol and don't drink or smoke, this all effects BP badly.



Hope this helps, keep fit! Don't eat, drink or smoke crap! And enjoy a healthy life.