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Stephen O'Connor

February 17 · 🌐

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High Blood Pressure + Lack of Sleep = High mortality!

In a recent study released by the AHA Scientific Sessions, those with High Blood Pressure (HBP) had a 2.5 times greater chance of dying adjusted to a similar group without HBP. Now, if you happen to sleep 5-6 hours a night and are hypertensive, you just increased that risk an additional 2.3 times. Go to less than 5 hours of sleep, and you just popped into a 4 times greater risk of death when compared to those not having HBP!

What does this mean? When you are overweight, your risk of HBP goes up significantly. When you do not introduce exercise into your daily routine, you are also much more likely to have hypertension! When you do not rest well, you create the conditions conducive to hypertension. Nutritional gaps...higher hypertensive risks. See a trend here?

Don't you owe to yourself and those you love to live the life you deserve? What part of your life should not be lived at its optimum levels? Why do you accept a life not lived without your best efforts? Everything depends on your greatest achievement of health and fitness. Start living! Start adding the best comprehensive nutrition, in the simplest form, with the most innovative products on the market - THRIVE!

1,2,3, + "Sequential!" Le-Vel's formulations support proper digestion, absorption of focused nutrition, sequential absorption technology, wearable nutrition, and soon to come - hydrolyzed and premium collagen proteins! It is not rocket science, you don't need to be a physician to experience the power of this system. THRIVE is the perfect storm of science, nutrition, innovation, common sense, and an understanding of what can drive financial success!

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Stephen O'Connor

<http://didkona.le-vel.com>



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Like · 👍 3 · February 17 at 11:54pm



Paul Laufer

Great read! Thank you!

Like · February 17 at 11:58pm



Brandi Ramey Mayo

Thankyou ! Stephen O'Connor

Like · February 18 at 12:00am



David Bujanos

Great info, Sir. Thanks!

Like · February 18 at 12:04am



Margaret Dunn Hedlund

Debi Terrell

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Like · February 18 at 12:07am



Brittany Pollard Excellent info Dr. O'Connor. Thank you!

Like · February 18 at 12:09am



Kara Schreiner Chanda Lewis - what we were just talking about 😊

Like · 🍷 1 · February 18 at 12:13am



Chanda Lewis replied · 1 Reply



Raina Mitchell I love your posts!! Thanks so much for sharing!!!

Like · February 18 at 12:15am



Crystal Kropp Paul [Brittany Dalton Emmons](#) just read your post then came across this!!! He's a Physician that believes in Thrive!!!

Like · 🍷 3 · February 18 at 12:15am



Lisa Ranck Baker Right up my alley, thank you for the health information Dr.O'Connor and the common sense approach.

Like · 🍷 1 · February 18 at 12:25am · Edited



Tammy Wallin Thank you so much. 😊

Like · February 18 at 12:23am



Jenny Keene Thank you...this is so perfectly stated

Like · February 18 at 12:39am



Andrea D Wenninger My hubby and sister n law have HBP and they found out that THRIVE has really helped them overall. Just like the right meds did. My hubby stays on his meds and added THRIVE I've never seen him this ready to do things and accomplish so much in a day.

Like · February 18 at 12:53am



Mary Lynn Poppek Thank you Dr. Stephen O'Connor for this vital info we all need to know: [Deb Cowan](#) [Jim Cowan](#) [Tasha Channell](#) [Tracy Hanson-Davis](#) [Robert Davis](#) [Robyn Holt](#) [Melody Grossman](#) [Carla Savko](#) [Gabriela Torres](#) [Urzua](#) [Robert Urzua](#) [Vicky Western](#) [Turner Pam McSheehy](#) ... [See More](#)

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Lisa Kalt [Tamara McGee](#) [Lindsey Rieck](#)

Like · February 18 at 3:34am



Darby McDowell [Brandi Panson](#)

Like · February 18 at 5:46am



Darby McDowell [Kevin Fike](#), [Mark Jenkins](#)

Like · February 18 at 5:47am



Angela Troup Hearn Great info, vital to some of my loved ones, thank you Dr. Steve!

Like · February 18 at 7:02am



Kimberly Casselman Dean [Allan Epting](#)

Like · February 18 at 7:02am



Jenifer Soria [Marie Mendoza Progar](#)

Like · February 18 at 7:32am



Missy Kennemer Stephens Good info on HBP, thank you for sharing as always!

Like · February 18 at 7:45am



Samantha Bella Oed Who do we know with high blood pressure? Too many peeps! Mayo clinic doc knows what he's talking about
Lacey Goodwin Voskamp
Megan Bradley... See More

Like · February 18 at 8:09am



Vennesa Rodriguez Guillermo Rodriguez read this!

Like · February 18 at 8:19am



Dedra Carmical Bouffard Thank you Dr. O'Connor! This is good stuff right here!

Like · February 18 at 8:40am



Dawn Greenway Thanks Dr O'Connor!

Like · February 18 at 11:25am



Heather Burick Thank you for sharing this information

Like · February 18 at 11:32am



Reneé Wesley House Thank you for sharing!!

Like · February 18 at 12:15pm



Priscilla Wilson Thank you Dr.O'Connor!

Like · February 18 at 12:32pm



Christine Rowe Wanted to be sure you all check out Stephen's page! He has a lot to share!!

Megan VerVaecke Victoria Willms Melinda Johnson Amy Brott Angela Golding
Christine Fox Nicole Wagaman

Like · February 18 at 1:42pm



Candace R Lowry Lori Samples Duke

Like · February 18 at 3:15pm



Candace R Lowry Starlett Jones

Like · February 18 at 3:15pm



Oanya Sawyer Jennings Awesome

Like · February 18 at 4:23pm



Cynthia G. Lucio Sylvia Garcia

Like · February 18 at 11:15pm



Chrysan Gemza Jason Thomas

Like · February 18 at 11:15pm



Cynthia G. Lucio Christina Garcia Soto Jose Luis Soto Sr. Enma Romero

Like · February 18 at 11:15pm



Jocelyn Hale Mendelssohn Ed.. 🙏🙏

Like · February 18 at 11:22pm



Maureen Forth Turpin Deanna Anthony, Debbie Ackeret, Beka Silva, Nadine Bittner, Tari Wells, Becky Toney, Cindy Wedge Donley

Like · February 19 at 8:58am

👉  Maureen Forth Turpin replied · 2 Replies



Dana Slyman Arlene Whipple Osgood

Like · February 19 at 6:45pm



Ann Joubert Thank you for this information.

Like · February 20 at 4:28am



Lisa A Hill Mark Hill

Like · February 20 at 11:59pm



Lisa Stelmack Augie Munoz right here

Like · February 21 at 9:25pm



Lisa Stelmack Brittney 'Roberts' Mechenich

Like · February 22 at 11:37am



Sue Kellogg Graf Jay Kaminski

Like · February 22 at 10:40pm



Mandi McReynolds LeNoir Vickilynn Mcreynolds

Like · March 6 at 1:21pm



Kathleen Morin Marlene Rodriguez for your mon

Like · March 8 at 8:10am



Monday Ledbetter Chris Green- read the comments. Some are off of their bp meds now. 😊

Like · March 8 at 12:39pm



Jennifer Taylor Ammie Leatherwood here's his page and Info!

Like · 🍷 1 · April 18 at 6:10pm



Anna Wills Veretto ❤️👤🌟🎉

Like · April 18 at 6:25pm