

BENEFITS OF GIVING SLEEP JUICE (CUCUMBER AND HONEY) IN REDUCING HYPERTENSION IN MENOPAUSE WOMEN USING A POCKET BOOK

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SUMMARY

Background: Hypertension is a major risk factor that causes increased cardiovascular morbidity and mortality in women who have experienced menopause. Consuming natural ingredients such as cucumber juice with honey can reduce high blood pressure. Cucumber and honey contain antihypertensive properties. **How to consume:** Prepare 2 cucumbers, cut into small pieces, add 100 ml of boiled water then blend until smooth, then filter, take the cucumber juice and add honey to taste. After that, drink it twice a day morning and evening. **Objective:** To ensure Menopausal Women's rights to receive health education. **Method:** Using the Canva application to modify the layout and output images in the form of a 10 x 13 cm pocket book to educate menopausal women who experience hypertension by consuming cucumber juice and honey. **Results:** IEC media is in the form of a pocket book containing information on giving Tidus juice (cucumber and honey) to reduce blood pressure in menopausal women with hypertension. **Conclusion:** Pocket book media can provide a source of information to the public about the importance of consuming cucumber juice and honey in reducing high blood pressure.

Keywords: menopausal women, hypertension, cucumber and honey.