

DAFTAR PUSTAKA

1. WHO. *A Global Brief on Hypertension*. A Glob Br Hypertens. 2013;9.
2. Bromfield S, Muntner P. *High Blood Pressure: The Leading Global Burden of Disease Risk Factor and The Need for Worldwide Prevention Programs*. Curr Hypertens Rep [Internet]. 2013;15(3):134–6. Available from: file:///C:/Users/Dell/Downloads/KTI/High Blood Pressure The Leading Global Burden of Disease Risk Factor and the Need for Worldwide Prevention Programs.htm
3. Diarrhoeal A, Ischaemic S, Preterm M, Birth T. *The Top 10 Causes of Death* [Internet]. World Health Organization. 2012 [cited 2017 Jan 9]. p. 1–4. Available from: <http://www.who.int/mediacentre/factsheets/fs310.pdf>
4. World Health Organization. *WHO | Raised blood pressure* [Internet]. World Health Organization. 2011. p. 39–40. Available from: http://www.who.int/gho/ncd/risk_factors/blood_pressure_prevalence_text/en/
5. Lloyd DM, Levy JD. *Epidemiology of Hypertension. Hypertens A Companion to Braunwald's Hear Dis Second Ed*. 2012;61(February):1–11.
6. Go AS, Mozaffarian D, Roger VL, Benjamin EJ, Berry JD, Borden WB, et al. *Heart Disease and Stroke Statistics - 2013 Update: A Report from The American Heart Association*. Circulation. 2013;127(1).
7. RI PD dan IKK. *Mencegah dan Mengontrol Hipertensi Agar Terhindar dari Kerusakan Organ Jantung, Otak, dan Ginjal*. 2013; Available from: https://www.google.co.id/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&cad=rja&uact=8&ved=0ahUKEwiIrL_WxIbVAhXCk5QKHZFvAB4QFgghMAA&url=http%3A%2F%2Fwww.depkes.go.id%2Fdownload.php%3Ffile%3Ddownload%2Fpusdatin%2Finfodatin%2Finfodatin-hipertensi.pdf&usg=AFQjCNHWLiHieCeL1Ksg4Tr_yxZ10Ky7Cg
8. Dallas ME. *High Blood Pressure Often Undiagnosed, Untreated*. MedlinePlus Health News. HealthDay-MedLinePlus [Internet]. 2017; Available from: <https://healng.com/i/2017-01-12-High-Blood-Pressure-Often-Undiagnosed-Untreated-MedlinePlus-Health-News>
9. National Heart, Lung and BI. *Lowering Your Blood Pressure With DASH*. NIH Public Access. 2015;64.

10. Bell K, Twiggs J, Olin BR. *Hypertension: The Silent Killer: Updated JNC-8 Guideline Recommendations*. Alabama Pharm Assoc. 2015;1–8.
11. Mateljan G. *Avocados* [Internet]. 2010. Available from: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=5>
12. Pascual-teresa S De, Santos-buelga C, Rivas-gonzalo C. *Quantitative Analysis of Flavan-3-ols in Spanish Foodstuffs and Beverages*. J Agric Food Chem [Internet]. 2000;48(11):5331–7. Available from: <http://sci-hub.cc/10.1021/jf000549h>
13. Rudrapaa U. *Banana Fruit Nutrition Facts and Health Benefits* [Internet]. 2009. Available from: <http://www.nutrition-and-you.com/banana-fruit.html>
14. Silverthorn DU, Michael J. *Cold Stress and The Cold Pressor Test*. *Adv Physiol Educ* [Internet]. 2013;37(1):93–6. Available from: <http://advan.physiology.org/content/37/1/93.abstract>
15. Sherwood L. *Human Physiology From Cells to Systems 7th Edition*. 7th ed. United States of America: Brooks/Cole, Cengage Learning; 2010.
16. Haddy FJ, Vanhoutte PM, Feletou M. *Role of potassium in Regulating Blood Flow and Blood Pressure*. *AJP-Regul Integr Comp Physiol*. 2006;290:546–52.
17. Houston MC. *The Importance of Potassium in Managing Hypertension*. 2011;
18. Luna-vázquez FJ, Ibarra-alvarado C, Rojas-molina A, Rojas-molina I, Zavala-sánchez MÁ. *Vasodilator Compounds Derived from Plants and Their Mechanisms of Action*. *Molecules*. 2013;18:5814–57.
19. Guerrero L, Castillo J, Quiñones M, Garcia-Vallvé S, Arola L, Pujadas G, et al. *Inhibition of Angiotensin-Converting Enzyme Activity by Flavonoids: Structure-Activity Relationship Studies*. *PLoS One* [Internet]. 2012;7(11). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3504033/>
20. Guyton. AC, Hall JE. *Guyton and Hall Textbook of Medical Physiology 12th Edition*. 12th ed. United States of America: Saunders Elsevier; 2011.
21. Tortora GJ, Derrickson B. *Principles of Anatomy & Physiology 13th Edition*. 13th ed. United States of America: John Wiley & Sons, Inc.; 2012.
22. Pearce EC. *Anatomi & Fisiologi Untuk Paramedis*. Jakarta: PT Gramedia;
23. National Heart, Lung and BI. *Prevention, Detection, Evaluation, and*

- Treatment of High Blood Pressure*. Natl High Blood Press Educ Progr [Internet]. 2003; Available from: <https://www.nhlbi.nih.gov/files/docs/guidelines/express.pdf>
24. Jahangir E. *Blood Pressure Assessment Overview, Indications, Contraindications* [Internet]. 2015. Available from: <http://emedicine.medscape.com/article/1948157-overview>
 25. Dow University of Health and Sciences. *B.P. by Auscultation and Palpation*. 2013; Available from: https://www.google.co.id/url?sa=t&rct=j&q=&esrc=s&source=web&cd=2&cad=rja&uact=8&ved=0ahUKEWjalu-nv4bVAhWDrJQKHwTAYQQFggrMAE&url=http%3A%2F%2Fwww.duhs.edu.pk%2Fcurriculum%2Fdownloads%2Flec12-sem2-CVSWK2-20130706.pdf&usq=AFQjCNHfpY_o6HE37qIlqtqvc3NVY8Btlw
 26. Barrett KE, Barman SM, Boitano S, Brooks HL. *Ganong's Review of Medical Physiology 25th Edition*. 25th ed. United States of America: McGraw-Hill Education; 2016.
 27. Department USAM. *What Factors Affect a Person's Blood Pressure* [Internet]. 2015. Available from: <http://brooksidepress.org/vitalsigns/lessons/lesson-5-blood-pressure/5-3-what-factors-affect-a-persons-blood-pressure/>
 28. Martin LJ, Zieve D. *Effects of Age on Blood Pressure* [Internet]. MedlinePlus. 2017. Available from: <https://medlineplus.gov/ency/imagepages/8693.htm>
 29. Reckelhoff JF. *Gender Differences in the Regulation of Blood Pressure*. *Hypertension*. 2001;37(5).
 30. American Heart Association. *Getting Active to Control High Blood Pressure* [Internet]. AHA. 2016. Available from: http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/MakeChangesThatMatter/Getting-Active-to-Control-High-Blood-Pressure_UCM_301882_Article.jsp#.WXbGs1F6PIU
 31. Re RN. *Obesity-Related Hypertension*. *US Natl Libr Med Natl Institutes Heal*. 2009;3(3).
 32. Bravo PE, Morse S, David M Borne, Aguilar EA, Reisin E. *Leptin and Hypertension in Obesity*. *Vasc Heal Risk Manag* [Internet]. 2006;2(2). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1993994/>

33. Saccò M, Meschi M, Regolisti G, Detrenis S, Bianchi L, Bertorelli M, et al. *The Relationship Between Blood Pressure and Pain*. J Clin Hypertens [Internet]. 2013;15(8):600–5.
34. Klabunde RE. *Effects of Gravity on Venous Return* [Internet]. 2016. Available from: <http://www.cvphysiology.com/Cardiac Function/CF017>.,
35. Jawaharlal SM, Mishra J, Kalinga MM. *Blood Pressure Response to Cold Water Immersion Test*. Int J Biol Pharm Allied Sci. 2012;1(July 2017).
36. Lovallo W. *The Cold Pressor Test and Autonomic Function : A Review and Integration*. Soc Psychophysiological Res. 1975;12(3):268–83.
37. Wood DL, Sheps SG, Elveback LR. *Cold Pressor Test as a Predictor of Hypertension*. Hypertension. 1984;6.
38. Zhao Q, Bazzano LA, Jie Cao JL, Chen J, Huang J, Chen J, et al. *Reproducibility of Blood Pressure Response to The Cold Pressor Test*. Ameican J Epidemiol. 2012;
39. Velasco M, Gomez J, Blanco M, Rodriguez I. *The Cold Pressor Test: Pharmacological and Therapeutic Aspects*. Am J Ther. 2014;4(December).
40. Herbalkahfi. *Manfaat Kandungan Pisang Pada Anak* [Internet]. 2012 [cited 2017 Jun 16]. Available from: <https://herbalkahfi.wordpress.com/2012/03/30/manfaat-kandungan-pisang-pada-anak/>
41. Suyanti, Supriyadi A. *Pisang Budi Daya, Pengolahan, dan Prospek Pasar*. 19th ed. Jakarta: Penebar Swadaya; 2008.
42. Hidayat AM. *Morfologi Tanaman Pisang* [Internet]. Just Argonomy and Agriculture. 2013. Available from: <http://www.anakagronomy.com/2013/05/morfologi-tanaman-pisang-musa-parasidica.html>
43. Agriculture USD of. *Food Composition Databases Show Foods - Bananas, Raw* [Internet]. 2016. Available from: <https://ndb.nal.usda.gov/ndb/foods/show/2159>
44. Arnarson A. *Bananas 101: Nutrition Facts and Health Benefits* [Internet]. Authority Nutrition. 2014. Available from: <https://authoritynutrition.com/foods/bananas/>
45. Megan Ware. *Bananas Health Benefits, Facts, Research* [Internet]. 2017.

Available from: <http://www.medicalnewstoday.com/articles/271157.php>

46. Angga. *Manfaat Buah Alpukat Bagi Kesehatan yang Harus Anda Ketahui* [Internet]. 2017 [cited 2017 Jun 16]. Available from: <http://polahidupsehat.id/penting-manfaat-buah-alpukat-bagi-kesehatan-yang-harus-anda-ketahui/>
47. Courteau J. *Avocado (Persea americana) - Integrated Taxonomic Information System (ITIS)* [Internet]. 2012. Available from: <https://www.itis.gov/servlet/SingleRpt/SingleRpt>
48. Garden G. *Alpukat* [Internet]. 2010. Available from: <http://gatsgarden.com/bibit-tanaman-buah/alpukat/images-2/>,
49. Pertanian M. *Klasifikasi dan Morfologi Tanaman Alpukat* [Internet]. 2015. Available from: <http://www.materipertanian.com/klasifikasi-dan-morfologi-tanaman-alpukat/>
50. Alisha. *Manfaat Alpukat, Hampir Setiap Bagian Tumbuhan Ini Bermanfaat* [Internet]. 2011. Available from: <http://www.peterparkerblog.com/2222/manfaat-alpukat/>
51. FDA U. *Avocado Nutrition Facts - Hass Avocado Calories, Cholesterol & Fat Information* [Internet]. 2016. Available from: <https://www.avocadocentral.com/nutrition/avocado-nutrition-health-facts-label>
52. Gunnars K. *12 Proven Health Benefits of Avocado* [Internet]. Authority Nutrition An Evidence-based Approach. 2017. Available from: <https://authoritynutrition.com/12-proven-benefits-of-avocado/>
53. Harrar S. *Eat These 13 Power Foods For The Ultimate High Blood Pressure Diet Avocado* [Internet]. Food Cures. 2014. Available from: <http://www.prevention.com/food/13-power-foods-that-lower-blood-pressure-naturally/slide/2>
54. Food H. *Top 10 Health Benefits of Avocado* [Internet]. Food Healthiest. 2015. Available from: <http://healthiestfoods.co.uk/health-benefits-of-avocado>
55. Szalay J. *Avocados Health Benefits, Risks, & Nutrition Facts* [Internet]. 2014. Available from: <https://www.livescience.com/45209-avocado-nutrition-facts.html>
56. Rudrapaa U. *Avocados Nutrition Facts and Health Benefits* [Internet].

2009. Available from: <http://www.nutrition-and-you.com/avocados.html>
57. Ware M. *Avocados: Health Benefits and Nutritional Information (Medical News Today)*. Healthline Media [Internet]. 2016 Feb 17; Available from: <http://www.medicalnewstoday.com/articles/270406.php>
58. Maheu E, Mazieres B, Valat J-P, Loyau G, Loet X Le, Bourgeois P, et al. *Symptomatic Efficacy of Avocado/Soybean Unsaponifiables In The Treatment of Osteoarthritis of The Knee and Hip. Arthritis Rheumatol* [Internet]. 1998; Available from: [http://onlinelibrary.wiley.com/doi/10.1002/1529-0131\(199801\)41:1%3C81::AID-ART11%3E3.0.CO;2-9/abstract](http://onlinelibrary.wiley.com/doi/10.1002/1529-0131(199801)41:1%3C81::AID-ART11%3E3.0.CO;2-9/abstract)
59. Guide MH. *Avocado (Persea americana) Health Benefits and Side Effects* [Internet]. 2011. Available from: <http://www.medicalhealthguide.com/articles/avocado.htm>
60. Rao NM, Prasad KVSRRG, Pai KSR. *Angiotensin Converting Enzyme Inhibitors from Ripened and Unripened Bananas*. *Curr Sci*. 2015;(July).

