

**Supplementary Table 1. Baseline characteristics of the participants**

	EHT (n=9)	APA (n=11)	p value
Age (years)	49 (14)	44 (14)	<b>0.04</b>
SBP (mmHg)	154 (35.5)	147 (19)	0.95
DBP (mmHg)	85 (20)	98 (14)	0.08
BMI (kg/m <sup>2</sup> )	24.5 (5.35)	24 (2.2)	0.56
Sex			>0.99
Male	5	5	
Female	4	6	

Legend: SBP-systolic blood pressure, DBP-diastolic blood pressure, BMI-body mass index.