

Keeping High Blood Pressure/Hypertension in Balance Naturally

Dedicated to my dad, Earl Newhouse

by Jan Cole, M.Ed.

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My dad has hypertension! Has had for many years, supposedly "controlled" by drugs - four at a time. Over the years he has gathered information on dealing with high blood pressure naturally, books, numerous articles, advertisements suggesting ways other than drugs to control it. Perhaps, because it's easier than implementing new changes, he continued to take the drugs his doctor prescribed. Numerous side effects are listed in PDR's, as you know. Based on the research for these drugs, I believe taking the drugs over the years has created other problems for him, besides having done little to help his blood pressure. As you will read, lifestyle habits are a major factor in controlling hypertension.

One evening while staying with him in Minnesota last August, he asked me if I thought he should keep one of the many books he'd ordered through the mail, *Acupuncture Without Needles* by J.V. Cerney, D.C., A.B., D.M. Opening the book to page 126, I tried the "Acupressure, U.S.A. Technique for Controlling High Blood Pressure" on myself after taking my own blood pressure reading. It wasn't high, but decided to try the technique anyway. Within minutes of massaging the suggested points, I took another reading. It had dropped significantly! Dad's turn. We took before and after readings with his blood pressure cuff; also significant changes. That night began a fascinating journey and search into the information on high blood pressure and what specifically would cause my dad's to rise or lower.

Reading an article by the American Heart Association intrigued me more. They reported

estimates that as many as 50 million Americans (one in five) have high blood pressure and that a third don't know they have it. "A new study estimates that middle-age Americans have a 90 percent chance of eventually developing high blood pressure, But experts say many can still **beat the odds with diet and exercise.**" The study, published in the Journal of the American Medical Association, prompted warnings from the nation's top health authorities, including Health and Human Services Secretary Tommy Thompson and Dr. Claude Lenfant, director of the National Heart, Lung and Blood Institute. The study, among the first to calculate the lifetime risk of developing the condition, involved mostly whites. Lifetime risks may be even higher for blacks, who are disproportionately affected by high blood pressure. Study co-author Dr. Ramachandran Vasan of Boston University noted that maintaining ideal body weight and getting adequate exercise and nutrition -- including avoiding too much alcohol and salt -- can help prevent high blood pressure.

You can be a calm and relaxed person and still have hypertension. High blood pressure, a potentially life-threatening disease, is known as the "silent killer" because it has no visible symptoms (usually). Without regular medical screening, this condition can go undetected until vital organs are damaged. Infants and children generally have lower blood pressure; adults higher. The vast majority of hypertension cases runs in families and may be related to heredity. Harvard and Boston City Hospital found that a familial influence on blood pressure can be detected in youngsters, contending that whatever is

responsible for essential hyper-tension is acquired in childhood. The researchers further stated that in addition to genetic factors, environmental elements in the home and community are conceivable contributing factors.

**Monitoring the Condition:
Best Measured:**

The best means of controlling hypertension is by monitoring your own blood pressure on a regular basis and with periodic visits to your doctor for evaluation of your progress and any adjustments to your program and by implementing or practicing any of the suggestions to follow later in this article.

Blood pressure (BP), not a constant figure, varies naturally with the activity, weight, age and time of day. After monitoring my 85 year old father for the past nine months, I will emphatically add that "what you are thinking and what your sub-conscious is doing" can be MAJOR factors. Because BP actually changes from moment to moment, diagnosis of hypertension should never be made on the basis of a single reading; it's best to average three or more readings at different times and days of the week. Your readings probably will be highest in the morning and lowest when you sleep. Hypertension comes into the picture when the pressure in your arteries increases to unsafe levels. Stress, activity, excitement, food, salt, coffee and sugar can all

increase BP temporarily. For some, as it did for my dad, the blood pressure goes up significantly at the sight of a white coat (in the presence of a doctor) researched and known as White Coat Hypertension.

Blood pressure is the result of two forces:

- A force created by the heart as it pushes blood into the arteries and through the circulatory system.
- A force of the arteries as they resist the blood flow

Determined by two readings, the pressure is measured in the weight of a column of mercury (mm Hg):

- The first value, **systolic**, measures maximum pressure, when the heart is at work (beating)
- The second value, **diastolic**, measures minimum pressure, when the heart is at rest (between beats)

For an adult, a normal systolic reading is in the 100 to 135 mm Hg range. Normal diastolic pressure should be from 60 to 80 mm Hg. When checked, the **systolic** reading will be given over the **diastolic**. A common normal reading is 100/75 or 110/80 and so on. The greater these readings -- **especially the lower (diastolic) value** -- the greater the threat to your health.

Blood Pressure	Optimal	Normal	High Normal	Hypertension
Systolic (top no)	Less than 120	Less than 130	130-139	140 or higher
Diastolic (bottom no)	Less than 80	Less than 85	85-89	90 or above

Hypertension is classified into two categories:

- **Primary hypertension:** the most common type accounts for 90% to 95% of cases. The underlying cause is indeterminable. Incurable, but can be controlled.
- **Secondary hypertension:** can be directly linked to an underlying disease (especially kidney disease), hormonal disorders, and certain drugs (such as oral contraceptives, alcohol, and corticosteroids). The specific medical reason for the increased blood pressure can be identified and possibly corrected, sometimes with surgery.

Related Symptoms

Hypertension has no visible symptoms. Signs and symptoms that do show up are usually associated with the secondary conditions caused or worsened by high blood pressure. If you have any of these symptoms, see your doctor:

- Frequent headaches
- Recurring dizzy spells
- Any unusual changes in your vision
- Chest pains, with or without exertion
- Cramps in your legs when walking
- Swelling in your ankles or feet
- Difficulty thinking or loss of concentration

Possible Complications and Other Considerations

- Unchecked, sustained hypertension causes damage to your blood vessels, which leads to a reduction in blood flow. This, in turn, can lead to widespread organ damage, especially to your heart, brain, kidney, and eyes. Untreated high BP may eventually cause the formation of aneurysms in various parts of the body, especially the brain (which can cause brain hemorrhage), eyes (which can cause blindness), and aorta (a large blood vessel emanating from the heart, the rupture of which could result in death). Cardiac damage results in heart attack, heart

failure, strokes and thickening of the muscles of the heart (hypertrophy), which may be fatal.

- Hypertension causes kidney damage and eventually kidney failure.
- Hypertension is the number one cause of strokes. Strokes themselves can be caused by the plugging of the arteries to the brain due to increased fatty deposits, blood clot formation, and blood clots coming from distal arteries supplying the brain.
- A number of experiments suggest cadmium as having a role in hypertension. Found in many foods and beverages it tends to accumulate in the kidneys. Autopsies have shown that the kidneys of those dying from hypertension and its complications usually contain higher cadmium concentrations than those with normal blood pressure.
- Abruptly discontinuing your medication without your doctor's approval can result in rebound high BP that could possibly precipitate a condition called hypertensive crisis. This is a rare but life-threatening complication where blood pressure can rise sharply to 200/120 and beyond.)
- Hypertension affects more women as people age. Oral contraceptives are the most frequent reversible cause of secondary high BP. Women on birth control pills, are two to six times more likely to suffer from high blood pressure. If oral contraception are discontinued, blood pressure will probably return to normal within three months. Hypertension can also occur in postmenopausal women taking estrogen replacement therapy.
- Older people with hypertension need to be especially careful when taking any drugs for their conditions. As with any medications, the doctor and pharmacist should know which additional drugs already be taken to prevent any adverse reactions from inappropriately combined drugs. Isolated systolic hypertension (above 160/85 to 160/90) is usually found in older people.

Hypertensive Personality

While anyone can have high blood pressure, there is a suggested profile presented by two psychiatrists, Dr. Robert E. Harris and Dr. Ralph P. Forsythe of the Cardiovascular Research Institute at the University of California San Francisco. Their studies found that people with high BP "seem to experience many kinds of their personal interactions as stressful and as occasions for emotional arousal." Their emotional upsets are more intense, more frequent and longer lasting than those of others and are accompanied by episodes of increased pressure on blood vessels. They were inclined to be irritable, anxious, restless and tense."

Studies of US Air Force officers found similar traits; described as assertive, dominant and decisive with "narrow ranges of interest, rigid, over-controlling and obtuse in their social relationships." In yet another study, with insurance company employees, those with high blood pressure were rated as "apprehensive, guarded, emotionally more responsive and unwilling to talk about themselves."

No one condition will explain all the causes. When we're angry or fearful our BP naturally goes up; one theory with hypertension from the American Heart Association is that people who are "hyper-reactors" or "pre-hypertensives" simply get accustomed to responding to events in daily life as if they were emergencies. Disturbed emotional balance, when a person is no longer able to achieve a meaningful relationship with their environment or when their life is filled with pent-up anger and tension, when one can no longer master their goals and tasks, when setbacks and disappointments are suffered and constantly repeated, then high blood pressure can become fixed at an abnormally high level.

Drug Therapy

There is an arsenal of medications available. Antihypertensive medicines generally fall into three categories: a) those that relax blood vessels directly, b.) those that block the nerves to blood vessels and c) those that eliminate extra fluids from the body. All drugs prescribed can cause adverse side effects,

some dangerous. A few common symptoms may include skin rashes, dry mouth, nasal congestion, potassium loss, sedation, impotence, dizziness, fatigue, night-mares, depression, delusions, hallucinations. Check PDR's and websites. Dr. Earl Mindell's view is that drugs, toxic and often ineffectual, do not even attempt to address the causes of "dis-ease". Instead they block normal body functions so the heart won't have to or be able to work harder in a natural reaction to stressful circumstances. But in so doing, they disrupt fundamental biological functions essential for survival and good health.

Reducing High Blood Pressure: Activity & Diet Recommendations

Although there is **no (supposed) cure for hypertension**, there are many proven ways within your control: diet, exercise, and stress reduction are a few to help reduce the risks of HP.

- **Obesity** – loose weight. Extra weight means your heart has to pump harder to circulate blood through that extra tissue, thereby raising your blood pressure. Weight loss is a cornerstone of BP treatment, with many studies showing that a loss of 10 to 20 pounds can lower BP significantly.
- **Alcohol consumption** – reduce intake; two or more ounces a day can raise BP
- **Excess sodium** - reduce to less than **2 grams of sodium** per day equivalent of **1 tsp**. Best 500mg – 1/4 tsp. As salt consumption rises, the body retains excess water, which raises BP. The Trials of Hypertension Prevention (TOHP) at Tulane University have shown that salt restrictions consistently reduce blood pressure.

-- *General information:* Table salt, the main culprit, is about 40% sodium. Americans consume 20 times more salt than their bodies need – **1- 2,000 mg** is the average daily-recommended amount. About 75% of your salt needs are already in the foods you eat and drink, easily reached without adding more salt to your food.

-- For some people who are especially sensitive to the sodium, even a moderate amount of salt can raise their BP. Some people need less than 200 mg a day.

-- Avoid salty foods and snacks such as bacon, sausage, hot dogs, pretzels, potato chips, mustard, olives, pickles, and some cheeses. Buy **fresh** meats, fruits, and vegetables instead of canned, frozen, or processed ones. Avoid fast foods or convenience foods.

-- Beware of hidden **sodium** in foods/beverages: baking soda/powder, carbonated drinks, beer, soy sauce, nondairy creamers, cookies, and cakes. Read labels. Many over-the-counter medicines contain high levels: alkalizers, antacids, aspirin, cough medicine, mouthwash, toothpaste. Beware of sodium benzoate and sodium propionate and MSG.

- **Avoid sugar** – Several studies have shown that white table sugar (sucrose) raises blood pressure. Instead, satisfy your sweet tooth with fruit, which contains a different type of sugar called fructose.
- **Excess animal protein** – reduce. Become a vegetarian -- or close to it. Studies show that vegetarianism lowers blood pressure. Excess intake of protein in the form of protein-rich foods severely burdens the kidneys and can produce an elevation in BP. Quote from a study done in Bresdan with 2500 butchers, "the compelling conclusion is that blood pressure rises in proportion to the intake of animal protein." Another impressive study, the Dietary Approaches to Stop Hypertension (DASH), conducted by Harvard researchers, placed 459 people with moderately high pressure on one of three diets:
 - A typical American meat-centered, high-fat diet with little fiber and few fruits or vegetables
 - A meat-based, high-fat diet with more fiber, fruits, and vegetables
 - A near-vegetarian, low-fat diet loaded with fruits, vegetables, and whole grains, including fish and some chicken

Participants on the meaty, high-fat diets recorded no drop in BP. But in just eight weeks, participants on the **near-vegetarian, low-fat diet reduced BP significantly** – about as much as people taking prescription blood pressure medications. Fruits, vegetables, and whole grains are all high in fiber. Have at least **eight daily servings**.

- **Eat more salmon.** In addition to calcium, salmon contains a generous helping of omega-3 fatty acids, which reduce blood pressure, according to a review of more than 20 studies by a researcher at Vanderbilt University in Nashville, who suggests eating **salmon once or twice a week**.
- **Food:** others that help lower blood pressure – **artichokes, greens, dairy, mushrooms, quinoa, potatoes, asparagus, cauliflower, broccoli, celery, peppers, carrots, lentils, string beans, apples, apricots, grapefruit, grapes, oranges, figs, melons, plantains.**
- **Switch to decaf.** Caffeine is a powerful stimulant that can raise blood pressure. Tea, cocoa, chocolate, and many over-the-counter drugs contain caffeine.
- **Stress** – lower your stress level. Relaxation exercises can be helpful in reducing hypertension. Some of these activities include **mediation, reading, painting, gardening and biofeedback** programs.
- **Laugh:** switch on your favorite comedy show or video. A good laugh can decrease our level of stress hormones.
- **Rest** as well as enough **sleep** is important, as BP is lowest during sleep.
- **Regular time with mate,** more than with other family members or friends, of course, depending on how healthy the

relationship is, can lower your blood pressure.

- **Physical inactivity** – exercise regularly. Any exercise that is aerobic can be helpful in lowering your blood pressure: walking, swimming, bicycling. Several studies show that a daily brisk walk for 30 minutes helps reduce BP. Avoid isometric exercises such as body building, weight lifting, or push-ups, as they have a tendency to raise BP.
- **Smoking** – stop.. Nicotine constricts arteries and raises your blood pressure.
- **Over-the-counter medications** - some types including laxatives, diet pills, antacids, and nonprescription cold, sinus and allergy remedies that contain ingredients such as ephedrine, pseudo ephedrine, and sodium - **Look for natural solutions to problems.**
- **Care for a pet.** Studies show that caring for a pet is relaxing enough to offer a modest reduction in blood pressure.

Supplements

- **Vit. B:** Suggested: **400 micrograms of folic acid, 1,000 mcg of B 12, 100 –250 mg of B6.** These three B's are important because they help "chew up" homocysteine, an amino acid by-product that can damage arteries. Helps preserve smooth-walled arteries.
- **Vit. C:** Italian researchers found that C helped blood vessels dilate normally and helps reduce the formation of fatty deposits and clots inside blood vessels. **1,000 – 2,000 daily**
- **Calcium:** Helps ability of blood vessels to relax, BP tends to go down; has less effect than magnesium or potassium. More than 50 studies show that as dietary calcium rises, blood pressure falls. Researchers at McMaster University in Hamilton, Ontario, analyzed 33 studies in which supplemental calcium helped lower blood pressure. High-calcium foods include dairy items, salmon, leafy vegetables, and tofu. Most experts recommend **1,000 to 1,500 mg/day.**

(Note: Too much calcium can interfere with magnesium's muscle-relaxing ability.)

- **COQ10:** made naturally in the body, but in short supply, helps heart pump more efficiently, which helps to reduce blood pressure. In one study, over half the 109 people with high blood pressure were able to stop or reduce their medication after four months of treatment. Dr. Decker Weiss, N.M.D recommends **30 mg three times a day.** Best to take with fish or flaxseed oil.
- **Vit. E:** Neutralizes free radicals; a major fat-soluble antioxidant. Helps reduce formation of fatty deposits and clots inside blood vessels. Recommended **400 – 800 IU mixed tocopherols.**
- **Fiber:** There is evidence that fiber can help lower high blood pressure. A 4 yr study of 40,000 nurses found those who had the highest amounts of fiber were least likely to develop high BP. Of the two kinds, soluble and insoluble, the soluble found in fruits, beans and oats, is the most important for lowering BP. For additional fiber look for a supplement that contains mixed soluble fibers such as psyllium, gums and pectin.

Fish oil or Flaxseed oil: (Omega-3 fatty acid) Fish-oil supplements provide the same benefits as salmon. Borage oil supplies Omega-6's. Fatty acids change body chemistry so that you produce fewer harmful prostaglandins, hormone like substances that can increase BP. Most experts recommend **1,000 to 3,000 mg/day.**

- **Potassium:** is depleted by diuretic blood-pressure medication. Affects blood volume because it helps you excrete sodium, also excreting water, which reduces blood volume and in turn reduces BP. Foods low in sodium and high in potassium include: **chicken and turkey, veal, many types of fish (halibut, fresh sardines, scallops), fruits (pears, bananas, apples, apricots, cherries, grapes, plums, peaches, raisins, nectarines, oranges,**

tangelos, grapefruit), fresh vegetables (turnips, asparagus, carrots, cauliflower, eggplant, peas, chickpeas, celery, lentils, kidney, broad, pinto, lima and string beans, peppers, potatoes, romaine and spinach), unsalted peanuts and peanut butter, dry milk. Experts advise supplementation up to **3500 – 7000 mg a day**.

- **Magnesium:** helps to relax smooth muscles in blood vessels, allowing them to dilate. Preferred forms are **magnesium orotate** or **magnesium glycinate**. Up to **350 mg daily**.

Herb

- **Dandelion:** acts as a natural potassium-sparing diuretic for excess fluid.
- **European mistletoe:** can reduce headaches and dizziness associated with high blood pressure. Blood pressure-lowering effects are small and may take weeks to become evident. Should be taken only under careful supervision of physician trained in its use.
- **Garlic:** based on a large number of clinical studies, reduces cardiovascular risk factors. British and Australian researchers analyzed eight studies of garlic as a treatment for high blood pressure. At a dose of **600 to 900 mg/day** – the equivalent of one to two cloves – garlic reduced BP significantly. Garlic liquid extract, aged at least 1 yr. Seems to produce more significant and sustained drops in BP.
- **Hawthorn:** dilates coronary arteries that feed the heart, has a mild blood pressure lowering effect in early stages of congestive heart failure. Recommended **100 to 240 mg** of standardized extract **3x's a day**
- **Hibiscus tea:** in a controlled trial, people with hypertension received either Hibiscus tea or ordinary tea (2 Tbs. in one cup of water) consumed daily for 12 days. By the final day, BP was 11% lower in the treatment group, compared to 4% in the control group.
- **Indian Snakeroot:** contains powerful alkaloids, including reserpine, that affect blood pressure and heart function. Used traditionally to treat hypertension, especially when associated with stress and anxiety. Possible serious side effects, should be taken only under careful supervision with physician trained in its use.
- **Reishi mushrooms:** in a double blind trial, reishi mushrooms significantly lowered blood pressure in humans/ A concentrate extract of reishi (25:1) **55mg 3x's a day** for four weeks was used.

Current Alternative Therapies Available

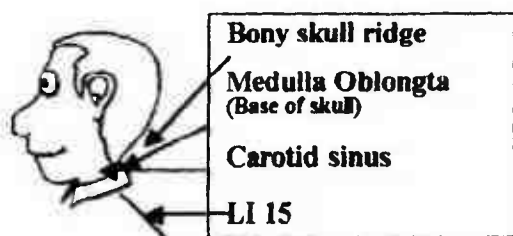
Alternative therapies can reduce or in some cases eliminate your dependence on medication. The following alternative/blended therapies may be useful:

- Acupuncture
- Auricular (ear) acupressure
- Ayurvedic medicine
- Behavioral education
- Biofeedback
- Chinese medicine
- Chiropractic therapy
- Exercise conditioning
- Herbal medicine (Dandelion, Garlic, Hawthorn, Hibiscus)
- Homeopathy
- Hypnotherapy
- Imagery/Visualization
- Meditation
- Music therapy
- Nutritional therapy/Diet
- Qi Gong and Tai Chi
- Social Support
- Yoga and Meditation

Our Protocol

The following are the acupressure points we used to lower my dad's blood pressure, as directed in the book, *Acupuncture Without Needles*. In the beginning we used a rotary motion with the thumb or middle finger and then applied a steady pressure on each point. Soon we used the Natural Energy Stimulator or an Acuspark...much quicker and just as effective, if not more so.

- 1.) **Carotid sinus.** Found at the bifurcation of the common *carotid artery on either side of the neck*. (Locate the top of our Adam's apple and slide your finger back until you feel a pulsation.) This important gland regulates the blood pressure; attached to special nerve-end-organs that have the ability to raise and lower BP by way of a reflex arc over the carotid branch of the glossopharyngeal nerve. Hold fingertip pressure for a slow five count. Breathe deeply. Press once more, letting the breath out. Repeat the process at least **3x's** on both sides of the neck. It may be done simultaneously.

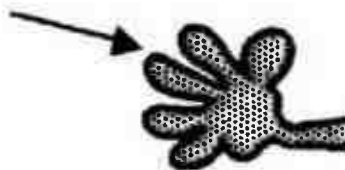


- 2.) **Skull base.** Run your fingertips across the bony ridge that runs from ear to ear at the *base of the skull*. Note any painful areas in the overlying scalp as you apply pressure on each. Repeat at least **3x's**, with increasing amounts of pressure, but never to rough)
- 3.) **Solar plexus** Place fingertips of both hands into your *solar plexus area*, expelling all air from your lungs. Apply

pressure holding for a slow five count and release. Repeat at least **3x's**.



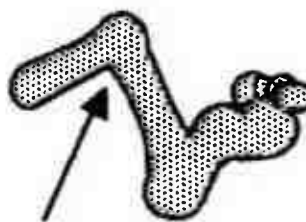
- 4.) **Excite Pericardial meridian** Grasp the *tip of the third finger*, squeeze and pull. Repeat **alternately 5x's** on each hand.



- 5.) **Medulla Oblongata area.** Apply pressure on the medulla oblongata at the *base of the skull*, rubbing until the tenderness is gone in the scalp and underlying tissues. The tenderness should dissipate. (See head diagram above.)
- 6.) **LI 15** Large intestine is just behind the shoulder. Apply rotating pressure, repeat at least **3x's**. (See head diagram above.)

For additional beneficial influence in curbing high blood pressure, you can "activate" the following schedule of action in the following order:

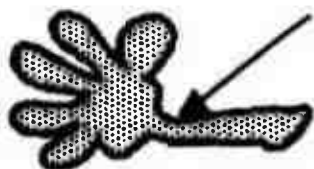
- A.) **B-54** (in crease behind the knee)



B.) K-1 (bottom of the foot)



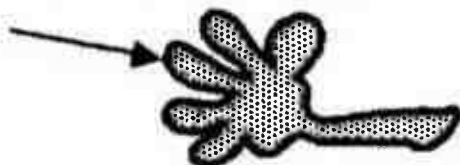
C.) TW-5 (top of the wrist – centrally)



D.) Liv-13 (on the side at the end of the 11th rib)



E.) P-9 (the 3rd fingertip (thumb side))



One day Dad's blood pressure was 197/78 at 2:43 pm — too high. He was out of the blood pressure medicine. Tested him for vitamins, he took a nap, retested blood pressure. To our disappointment, it was even higher (213/96 at 3:15 pm) even after taking the vitamins and the nap. I happened to notice that it went higher after working on his checkbook and bills, so silently surrogated and repatterned his BP to be less than 140/90, as is recommended. Repatterned statements with him not to worry about money, about wanting to be healthy and well, about handling stress, etc. By 4:00 pm, 45 minutes later, it dropped 23 points to 190/78 – still too high. Thought it

would be high after supper — but it wasn't — (172/71 at 6:46 another 18 points lower) We took a reading again at 10:23 pm and it dropped another 15 points to 157/78, **even after** he had been working on balancing his checkbook. This was very exciting to me! What if we could continue to show a change without medication and using only diet, TFH, points and the repatterning technique? This began the search for what specifically stressed him enough to raise the BP and as to what events/thoughts lowered it.

Dad has taken high quality vitamins, "juiced" vegetables and fruits and had made some dietary changes over the past many years. We gradually refined more dietary changes, muscle monitoring much of what he ate, discovering foods/beverages he was sensitive to and eliminating or reducing them. We did periodic Touch for Health balances, as well as muscle checked and repatterned kinesiologically for the following "areas" whenever the blood pressure was too high:

Fears (doctor, clinic, stress test, blood test, knee surgery)

Foods

Relationships (Self / Others)

Money/Checkbook

Being at peace with himself

Life Changes /moving

Vitamin/mineral deficiency (Not enough, too much)

Too much salt

We learned that his BP was consistently **lower:**

-after dancing on Friday nights for 3-4 hours (Ex. *Before* 186/74 *After* 129/61)

-after his Kiwani's meeting (Ex. *After* 129/62)

-after bowling (usually) (Ex. *After* 132/52)

-after socializing/dinner with relatives or friends. (Ex. *Before* 154/61 *After* 129/74)

-after church and lunch with relatives (Ex. *Before* 183/85 *After* 141/55)

His BP has consistently **increased**:

- in doctor's office (Ex. 142/80 nurse took reading 190/80 doctor took 15 min later)
- before going to clinic or hospital for blood tests, stress test, the unknown, etc,

(Ex. 204/84 *before* clinic appointment 142/59 *after* appointment 2.5 hours later)

(Ex. 9 am 162/65 **11:30 am** at Blood bank 234/112 **3:05 pm** after lunch 253/107

3:23 pm after walk to emergency room 224/89 **4:00** 220/95 talk with doctor

12:30 am after 3 hrs of dancing 146/60)
- around conflict situations
- after working on taxes, checkbook or other papers involving money (Ex. 186/69 before Repatterning work)
- interaction with or about my brother as he was dying from cancer last year

Examples of intervention:

- a.) *Before* a **TFH goal balance** and a shower 178/97 *After* 132/44
- b.) *Before* 162/76 at 8:40 pm *After* running **ONLY** the **Heart meridian** and rubbing **K27's** 132./74 at 8:43 pm, three minutes later
- c.) *Before* a **TFH goal balance** 97/50 (too low for him) *After* 135/66
- d.) *Before* **Deep breathing** and stimulating **acupressure points** 167/77
After 116/56 4 min. later

Sometimes we did only some of the acupressure points to see if they all mattered or if just several needed to be used. Each time we were able to monitor with the results with the blood pressure cuff. In my dad's case, K-1

and the deep breathing were crucial nearly always. One time this past March the blood pressure rose after stimulating the points. It was determined through muscle checking, that the kidney energy needed to be de-energized and the heart energized. After this experience, the alarm points were used to determine over energy before stimulating the acupressure points we were originally using. I used corresponding points from the TFH book to de-energize where needed..

- e.) Recently, after dancing for the first time Dad's BP was actually too high rather than lowered, as it always had been in the past eight months of Friday night dancing.

Checking for possibilities as to why, led to his sodium levels being too high. Again muscle checking for something to counteract the sodium effects, he tested for, not a banana, but a **tangelo** we had just bought. Within minutes of eating it, retook his BP; it dropped significantly, but not enough. Amazingly, holding **three potassium** under his tongue while we took a third reading with the BP cuff within 3 minutes of the last reading. It dropped 18 more points; running the **heart meridian** and stimulating **NL for the heart** decreased it another 11 points to an acceptable level.

- f.) Another: *Before* dancing at 6:45 pm 182/103 *After* dancing 158/73 at 12:35 pm
Only pitched and pulled the 3rd finger alternately 5 x's Reading: 138/63 at 12:38 pm

CAUTION: This information was compiled over a 9 month period always with the goal in mind of stabilizing Dad's blood pressure to 140/80. Much to my dismay, as I was typing this paper, I read yet other chapter on blood pressure from **Inner Cleansing Cure** which states, from *JAMA* (262 7:920) "Researchers say many more people eventually had severe or fatal heart attacks

following blood pressure treatments that resulted in drops of less than six points or more than 18 points. People whose diastolic (bottom number) dropped from seven to 17 points had the least amount of heart attacks. People with very large and very small drops in blood pressure face three to four times the risk of heart attack compared with people with moderate declines, the study says.

"Big blood pressure drops are hard on heart. Seen another way, the risks of fatal heart attack were about the same for those whose high blood pressure remained virtually unchanged as for those with a large fall in blood pressure. Why those with big drops in blood pressure should face the same risks as those whose blood pressure remained high is unknown.

"The research indicates that an "ideal" blood pressure figure may be an unrealistic goal and may even be dangerous for many people. One speculation was that a big blood pressure drop may result in poor blood flow through heart arteries, starving the heart muscle and leading to a heart attack... Doctors involved in the research made two suggestions:

- 1.) Your doctor should seek a very specific treatment tailored to each patient that will protect the heart while trying to lower blood pressure and
- 2.) Until this goal is attainable, the cautious physician should seek modest (in the range of seven to 17 mm Hg of diastolic blood pressure) reduction for those with mild to moderate hypertension."

Treating hypertension with drugs, believed by many doctors to cause symptoms of aging, such as fatigue, forgetfulness and impotence, reduces the quality of your life with their unpleasant side effects. A healthy lifestyle can lead to lower blood pressure. When BP is controlled, symptoms of heart failure often improve or vanish; kidney deterioration is arrested and the threat of strokes is greatly minimized. Keeping your BP reading 120/80 and below is best, enough to add 25 years of good health to your life, according to Michael Roien, M.D. author of *RealAge: Are You As Young As You Can Be?*

The real beauty of our work with Touch for Health and the other Kinesiology is being able to discover from the person what the body needs/wants right now. Combined with accessible "medical measuring tools" such as the blood pressure cuff, adds a tremendous dimension for monitoring results not easily recognized by symptoms and feelings in helping our family, loved ones and clients.

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