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High Blood Pressure – Natural Solutions

By Robert Elias Najemy

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Some of the Causes of High Blood Pressure

Before analyzing some of the effective solutions for high blood pressure, we must first look at some of the possible causes of this problem. According to modern medicine some of the basic causes of high blood pressure are:

1. MALFUNCTIONING OF THE KIDNEYS may in various ways disturb the proper balance of water in the body. The kidneys determine the electrolyte balance in the liquids of the body, and thus will affect how much water will be retained in the body and how much will be expelled from the body. If the kidneys have heredity weaknesses, or are tired, or imbalanced because of life factors, then too much liquid may accumulate in the body increasing the blood pressure. One factor may be inefficient salt excretion. On the other hand, the kidneys may simply be very tired and overworked because of a heavily toxic diet with large overdoses of SODIUM. A direct relationship between the intake of high sodium foods and high blood pressure has been established.

It seems also that the kidney is responsible for producing various chemical substances, which in a certain way control the blood pressure and the tension of the walls of the arteries and veins in the circulatory system. Well-functioning kidneys are essential for control of proper blood pressure.

2. MALFUNCTIONING OF THE ADRENAL GLANDS may also be the root cause of disturbances in the blood pressure. Disturbances in the pituitary gland and hypothalamus can affect the functioning of the adrenals in a negative way, creating high or low blood pressure. In general, any malfunctioning of the endocrine system may result in blood pressure problems. It is also likely that this disharmony in the endocrine system may in turn be the result of emotional or mental stress, or unhealthy living habits.

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3. THE NERVOUS SYSTEM may give messages of contraction to the arteries and veins causing the pressure to rise as the volume of the circulatory system is decreased. The reasons why the nervous system may do this may be different in each person, but in most cases they are psychosomatic.
4. OUR DIET affects our blood pressure. It is logical to believe that the substances of which the blood is constituted will affect the amount of liquid held in the blood and the tension of the walls of the blood vessels. This is especially true in cases where toxic waste products tend to accumulate on the walls of the blood vessels, destroying their flexibility and narrowing the opening and thus the volume of the vessels. The pressure in these vessels increases.
5. OUR ENVIRONMENT creates various stress conditions, which may force our bodies to react with a rise in blood pressure. The pressures we feel at work, at home, in the society are transferred through the endocrine and nervous system into a tension and pressure within our body.
6. OUR WAY OF REACTING TO LIFE will play perhaps the most important part of all. An individual who feels secure, relaxed and self-confident in the face of responsibilities and stressful situations will obviously be able to maintain a normal healthy condition, independent of the external pressures. It has been shown in thousands of cases of people who had high blood pressure that when they learned how to relax they were able to keep the problem under control often without the use of medical drugs.
7. There are OTHER CAUSES, which we have not mentioned here.

SOME NATURAL SOLUTIONS

Now let us examine some possible measures we can take in order to overcome the problem of high blood pressure. Those with serious health problems would do well to consult their doctors before employing any of the following.

1. Purification of the Blood Stream. If the problem of high blood pressure seems to be accentuated by a toxic condition in the body and the blood stream, then we can improve the situation by cleaning up the inner part of the body. This inner cleansing can be made in the following way:
 - a. Avoid salt, animal proteins, animal fats, cheese, butter and all canned vegetables or any substances which have sodium salts added as preservatives or for taste.
 - b. Avoid all stimulants such as black tea, coffee, cigarettes, alcohol, salt, mustard, black and white pepper, ginger, nutmeg and other spices.
 - c. Eat plenty of high potassium foods such as fruits, vegetables, grains and beans. Especially green leafy vegetables.
 - d. Occasional juice and vegetable broth fasts under the guidance of a doctor will help to change the blood chemistry; detoxify the kidneys, blood vessels and other organs and restore a natural healthy condition in the body.
 - e. The use of garlic and onions can tend to open up and clean the arteries. One may take them in fresh form or in capsules. Some naturopathic doctors also suggest lecithin and vitamin C for helping to restore healthy blood vessels.
 - f. Eating only watermelon for one week during the summer when it is in season can help purify and

rejuvenate the kidneys.

2. The Restoration of the Proper Functioning of the Kidneys and Adrenal Glands.

We may stimulate the kidneys and adrenal glands into more harmonious functioning in some of the following ways:

- a. Various physical exercises which tonify these organs. These can be learned from a well-trained Yoga teacher.
- b. Through Reflexology Massage on the points corresponding to the kidneys and adrenal glands on the soles of the feet we can effectively rejuvenate and harmonize these glands.

3. Regular Relaxation of the Nervous System Through Various Techniques.

We can relax and strengthen the nervous system so that it is more resistant to stress and effort in our daily life in the following ways:

- a. Deep relaxation techniques in which we can learn to consciously relax the muscles and nerves and thus the walls of the blood vessels. While in this deeply relaxed state, we can imagine light and healing energy flowing into the heart, adrenals, kidneys and head area.
- b. Exercises and breathing techniques can be used on a regular basis to release muscular and emotional tension from the body and mind.

c. Certain phonetic vibrations such as «OOOO» and «MMMM» have a calming and balancing effect on the body and mind.

d. Regular meditation has proven to be extremely effective in overcoming high blood pressure. Details about the above-mentioned techniques can be learned from competent yoga teachers.

4. Change of Attitude Towards Life

Our attitudes towards life; our attachments, aversions, fears and ways of reacting to life can create a great deal of unnecessary tension in our lives. When the cause of high blood pressure is psychosomatic, it is obviously necessary to analyze and overcome these emotional factors which are contributing to the problem. Otherwise a total control of the situation will be impossible even if we perfectly employ the other physically oriented methods.

We can begin to analyze the factors in our lives, which are causing us to react with stress or worry and gradually become freer from these ways of reacting. We would do well to approach life in a more relaxed way, with self-confidence and peace of mind. We can gradually work towards this state of mind through working with various systems of self-analysis and self-transformation, which are available today.

(Adapted from the forthcoming "Self Healing" by Robert Elias Najemy. His book "The Psychology of Happiness" (ISBN 0-9710116-0-5) is available at

<http://www.amazon.com/exec/obidos/redirect-home/holisticcharmo-20> and

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Robert Elias Najemy is the author of over 600 articles, 400 lecture cassettes on Human Harmony and 20 books, which have sold over 100,000 copies. He is the Founder and director of the Center for

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Using Blood Pressure Monitors To Maintain Your Health

By Mike Yeager

Many people today realize the importance of keeping their blood pressure under control. Blood pressure monitors are now available for home use. It's a piece of medical equipment that can provide both you and your health care provider with an accurate measure of how your blood pressure is responding to diet, exercise and medication. Many medical supplies outlets offer blood pressure monitors that are simple and easy to use.

For some people the thought of going to their Dr.'s office for a blood pressure reading is enough to send their pressure through the roof. That's one of the advantages of having your own blood pressure cuff right in their own home. They can use the blood pressure cuff at their own convenience and get a more accurate reading.

High blood pressure can be caused by many different factors such as weight, diet and heredity. If you have an elevated pressure then having your own blood pressure monitors available can be very important.

Mike Yeager
Publisher

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How To Reduce Blood Pressure Symptoms
Acupuncture For High Blood Pressure - A New Treatment That Works
How Does A Diuretic Work For High Blood Pressure
Causes Of High Blood Pressure

How To Improve Blood Circulation
Use and Abuse of Steroids
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