

High Blood Pressure – The Silent Killer

by Neville White 25.05.06

Since high blood pressure responds so well to drug-free, alternative therapies, why would people ever choose to take medicine instead?

High blood pressure, or hypertension, is a serious business. It's known as the Silent Killer because you often don't find out about it until after it's done the damage. Damage such as: heart attack, stroke, kidney disease, certain eye conditions, as well as other, less painful, but still inconvenient and often incapacitating problems.

And we all are more likely to get it as we get older. More than 50% of people over 75 have hypertension. We don't yet understand why certain people are more susceptible. For example, there is a higher incidence of it among African-Caribbean and South Asian people. Certainly you are at higher risk if there is a family history of it. It is reckoned that up to 40% of adults have high blood pressure and unfortunately, up to a third of these don't realise it and therefore it doesn't occur to them to change their lifestyle, nor get treatment.

And yet, it's one of the easiest problems to prevent and is the most responsive to hypnotherapy. It's usually the result of an unhealthy lifestyle and can almost always be controlled, without debilitating medicine, just by creating a healthier lifestyle.

So what is this healthier lifestyle?

Well, you probably already know: Stop smoking, watch how much you're drinking, get some exercise, lose weight, eat sensibly... forget processed food... too much salt and additives, cut out food containing saturated fat and include 5 portions of fruit and veg daily.

Sounds easy, doesn't it? But surely if it were that easy we'd already be doing it!

Many people, on discovering an elevated blood pressure, take prescribed medicines for the rest of their lives. Some people, however, take the matter into their own hands and deal with the issues they've been avoiding.

Experiments have shown that if a person starts thinking worried, anxious, angry, frustrated or other negative thoughts and if they fail to take action to resolve those feelings, their blood pressure rises. The good news though, is that if you can raise it, so can you lower it, just by thinking about it. And that's what Sounds Positive's new product, Lower Blood Pressure sets out to do.

Now available for home-use, from their website, Lower Blood Pressure helps you permanently reduce your blood pressure without the need for drugs.

As Lysette Offley of Sounds Positive, Henley on Thames, says, "You can learn to deal with stress and conflict. Get help if that's what it takes. High blood pressure responds very well to hypnotherapy, so once people realise this, rather than take drugs, of course they choose to take control for themselves."

Lower Blood Pressure consists of 2 audio tracks and also written material (all instantly downloadable from the Sounds Positive website) which use hypnotherapy, EFT and NLP to train you to relax and control your blood pressure. You can enjoy feeling very relaxed and peaceful while Sounds Positive's technology does all the work for you.

Learn how to keep your blood pressure at a healthy level the natural way, with Sounds Positive's Lower Blood Pressure.

For more information visit: <http://www.soundspositive.com>

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