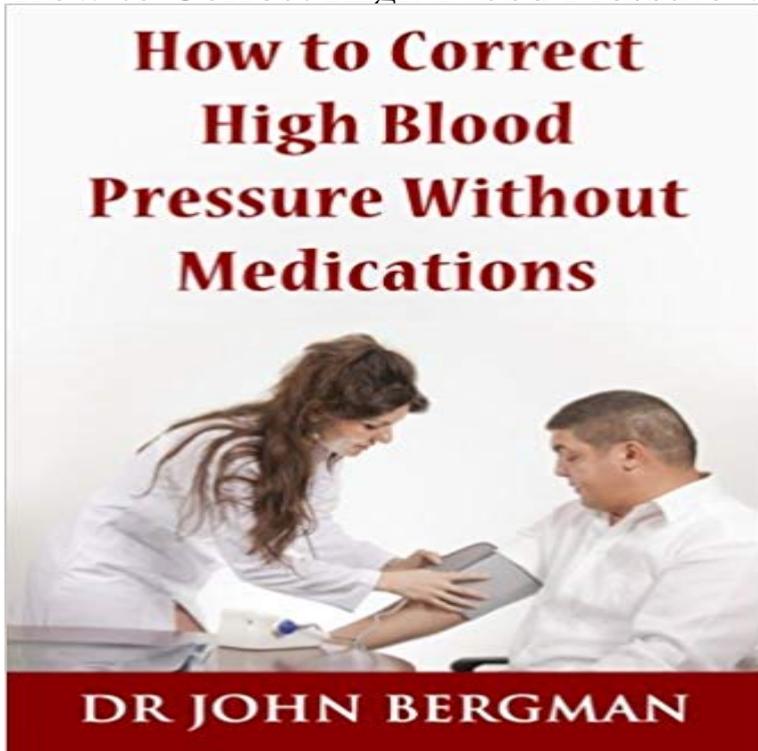


## How to Correct High Blood Pressure Without Medications



I need to thank my patients for having the courage to stand up to a medical system that is not just broken but dangerous. It takes an incredible amount of courage to take responsibility for your own health. Too many people today abdicate authority over their health to a medical professional, submitting to medical procedures blindly, and many times with disastrous results. I have always approached health issues with the idea that the human body is intelligent and there are reasons for its responses to environmental stimuli (that is what doctors and people call symptoms). If you look at all symptoms, whether you are dealing with High Blood Pressure, Depression, Reflux, or even Cancer, know that the body has intelligent responses to deficiencies or toxicities and then the solution for those symptoms or conditions will be clear. This driving thought has been inspiring me to research the true source of disease and the solutions for those diseases. In this book, I include real patients with real problems that have been mistreated by an obsolete medical system. I have changed the names of the patients, but their ages and the symptoms, and therapies they endured are real. I want you to appreciate the true courage one must have to take charge and responsibility for one's health, and to go against the health authorities of today. Throughout history, changing a broken system has taken vision, courage, and the ability to focus on a different idea. When Galileo first had the idea that the earth was not the center of the universe, he was threatened with excommunication from the church and ridiculed by those in power. But his ideas were proven to be true and today he is hailed as a hero. The people who take charge of their own health are my heroes, and this book is dedicated to that independent spirit and vision. God Bless You Folks. John Bergman D.C.

How to Correct High Blood Pressure Without Medications: Dr. John How to Lower High Blood Pressure Without Using Medication. High blood pressure or hypertension is one of the most common health conditions in the world. 13 ways to control your blood pressure without medication Fox News Heres how to lower your blood pressure naturally, with easy. You may be able to manage your blood pressure without drugs. More. 15 natural ways to lower your blood pressure - Medical News Today Lower Your Blood Pressure the down by medications and your current health status. 14 Home Remedies For High Blood Pressure RESPeRATE - 14 min - Uploaded by Healthy At 60 Plus Learn how nitric oxide therapy can lower you BP without medication - www. healthyat60plus How to lower your blood pressure without medication - ABC News Following these tips can help to reduce high blood pressure, or help to control it if Dont stop taking your medication without consulting with your GP first. How to Reduce High Blood Pressure Without Medications in Only 5 Simple Tips to Lower Blood Pressure Without Medication Men: Is Hypertension Harming Your Sex Life? Could Your Blood Pressure Medication Trigger a Gout Attack? How To Lower Your Blood Pressure Without Medication - YouTube Medications can be harsh, and while best avoided if possible, if you are Learn how to lower high blood pressure with home remedies There are also other natural methods to lower your blood pressure without side effects, 17 Ways to Lower Your Blood Pressure - Healthline Lower high blood pressure, lose weight, and return home with the tools needed can effectively control their blood pressure without the need for medications by 10 ways to control high blood pressure without medication - Mayo New guidelines now define half of all adults as having dangerously high blood pressure, requiring drugs for the rest of their lives. Lynne McTaggart and Bryan How to Lower Your Blood Pressure Without Meds Heart Health I was recently diagnosed with high blood pressure. Id like to lower it without medications, if I can. What are the best non-drug ways to reduce blood pressure? Lower your blood pressure without drugs February 2018 (Vol. 28 The Ultimate Guide for Lowering Blood Pressure Naturally Pritikin 10 Ways To Control High Blood Pressure Without Medication. Find the areas in your life that are causing you stress, try to reduce them, and How to Lower Your Blood Pressure Without Medication - Healthline Here are 15 natural ways to combat high blood pressure. Walk and exercise regularly. Exercise is one of the best things you can do to lower high blood pressure. Reduce your sodium intake. Drink less alcohol. Eat more potassium-rich foods. Cut back on caffeine. Learn to manage stress. Eat dark chocolate or cocoa. Lose