

BLOOD PRESSURE



&

Coherence 123



Blood Pressure & Coherence

123

Here are some tips to show you how to deal with blood pressure issues.

This is a very common condition in our society.

I am going to recommend some alternative practises but first get advice from your doctor.



Integrative Medical Doctor

If you can, get a second opinion from an integrative MD. That is a medical doctor, who does all the western medicine testing. He/she can suggest treating your blood pressure, if possible, without medications or prescription drugs and treat you alternatively.

You will see if it's possible to get your blood pressure under control whether it's high or low using alternative medicine.

Meditation

Meditation is important. Often stress is linked to hypertension and meditation will help.



Exercise

Some people like to do exercise classes like yoga or stretching. It can be very important to help relax your body.

Sprinting is really important. You can do 3 x 30 second sprints, 3 times a week. Build up slowly because you don't want your blood pressure to peak. You may start off just sprinting for 3 seconds and build-up slowly.

From the sprinting you should see a decrease in blood pressure or your blood pressure coming up if you have low blood pressure.



Diet

Look into your diet and see if it is an acidic diet. Make sure you are eating an alkaline diet.

Magnesium

You can use magnesium oil to spray into healthy water. You can spray it onto your body. You can use magnesium cream. For chronic muscular tensions that can be associated with blood pressure issues, use magnesium flakes in a bathtub or Epsom salt to help relax you. Don't make the bath too hot if you have hypertension. Keep it luke warm. It will be safer for you.



Find An Alternative Therapist

An alternative therapist can help if you have some negative emotions that are causing your blood pressure issues.

People with hypertension or low blood pressure are often prone toward goodism or perfectionism.

Sometimes people with high blood pressure report having longstanding emotional problems that they don't seem to be able to resolve. The pressure builds up slowly over time and before you know it you're going into danger zone, so this is not good.



People with low blood pressure seem to have a common theme that they didn't feel loved as a child. So it's something that you can deal with in therapy to talk about these things and the psychosomatic causes in any illness.

It is important to look at. It could be a major cause in dealing with blood pressure.

Coherence 123

We'd like to also use Coherence 123 it is a very effective technology that you can learn to use for yourself, you can access it through Global Healing Exchange.



It includes EFT (also known as tapping),
Psych K, which is psychology kinesiology,
integrating the left and right hemispheres of
the brain and body.

Also 9 positions, which is a way through the
eyes to access and release any trauma that
could be an underlying cause of your blood
pressure problems.

I hope some of these tips help you. I want you
to get your blood pressure under control. Get
your life going again so you feel good about
yourself without that stress in the body-mind.

**This Ebook is a collaboration between
Robert Kirby from [Robert Kirby.com](http://RobertKirby.com)
& Global Healing Exchange**

