



Relax Your Way to Healthier Blood Pressure

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What if you could lower your blood pressure—using just your brain power?

Now this isn't some "Vulcan Mind Meld" technique that Mr. Spock used in the old Star Trek episodes. Scientists are finding that you can actually use your mind to ease stress and bring your blood pressure down.

In other words, you have the power to "calm your way" to better health. Cardiologist John Kennedy says...

"You can teach your body how to slow down, how to be present, how to relax. And what this does is it helps you concentrate and

protect your heart all at the same time."

This practice is called mind-body medicine. It allows you to create an environment where your mind can affect the function and the symptoms of your body. And you can do it in the comfort and privacy of your own home.

A variety of highly effective methods are used by mind-body practitioners—including deep breathing, visualization, meditation, prayer, slow movements and exercises, and listening to soothing sounds. But for this special report, we are going to focus on five mind-body practices that have been proven to work powerfully to ease anxiety... lower blood pressure... and improve overall health.

Let's get started with...

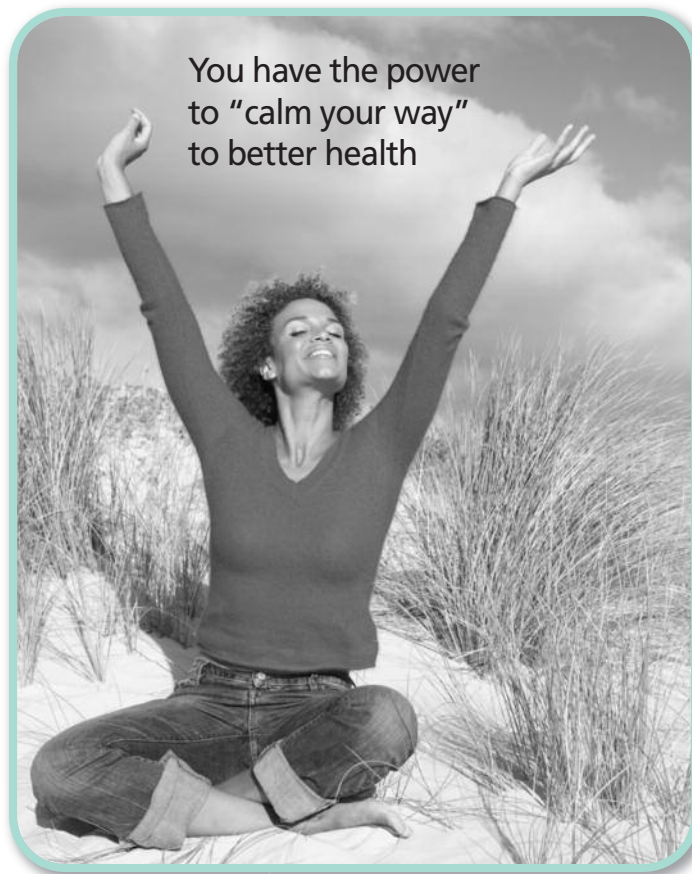
Mind-Body Technique #1: **The Sedona Method™**

When allowed to fester inside of you, negative emotions can affect your health, causing stress, pain, anxiety and high blood pressure.

That's why Lester Levenson developed The Sedona Method™ to help you "let go" of unwanted emotions in an instant, so you can boost your overall health and well-being.

And it's so easy to do...

You start with focusing on the issue that's causing you unwanted stress—and allow yourself to really "feel" the emotions attached



You have the power
to "calm your way"
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to it. Then, you ask yourself the following three questions:

Question #1: Can you let that feeling go? (Move on to Question #2, even if you answered “No.”)

Question #2: Are you willing to let that feeling go? (Move on to Question #3, even if you answered “No.”)

Question #3: When will you let that feeling go?

You simply repeat the three questions as often as needed for you to feel free of the negative emotion and stress.² It’s that simple, and it really does work wonders for your health.

Studies done at Harvard and Columbia Medical Schools and The State University of New York have found that people using The Sedona Method™ experience significant reduction in heart rate and blood pressure.³

You can find out more about this scientifically-proven technique in the book titled, *The Sedona Method*™⁴ and on plenty of websites on the internet.

Mind-Body Technique #2: Neuro-Linguistic Programming

If you have an adverse health symptom—like high blood pressure—your body communicates this problem to your brain using nerve impulses. This information is sent to the brain to make you uncomfortable enough to do something about the health issue and return your body to a balanced state.

With your brain so intimately involved in the health of your body, you can see how what you think and say can affect how you feel.

That’s where Neuro-Linguistic Programming (NLP) comes in. It can help you reprogram your mind and change the way you feel.

The best NLP technique to start with is called “reframing.” This easy-to-do method can help you develop a more positive mindset regarding stress—and can help you normalize your blood pressure and improve the quality of your life.

Before we get into how reframing works, think for a moment about the symptoms of stress and hypertension. You could experience headache, fatigue, confusion, anxiety, insomnia, chest pain, difficulty breathing, irregular heart-beat and more. Which are all forms of communication from your body to your brain.

But, when you feel this way, you may be tempted to say to yourself, “My head hurts”... “I’m so tense”... “I’m exhausted”... or “I think I have a serious health problem.” And, according to NLP practitioners, that kind of talk makes you focus on the problem,



which actually reaffirms a negative cycle.

By using NLP, you can “reframe” your negative thought pattern into a positive one. And it works something like this:

STEP #1: Identify the problem. Assess your symptoms and try to understand why they’re happening (for example, you eat wrong or smoke)... when you experience them... and what is actually happening (headaches, chest pain, etc.).

STEP #2: Determine if you can improve the way you view the problem. For example, instead of thinking (and saying) your high blood pressure will eventually be the death of you, you can be grateful that it’s reversible and preventable.

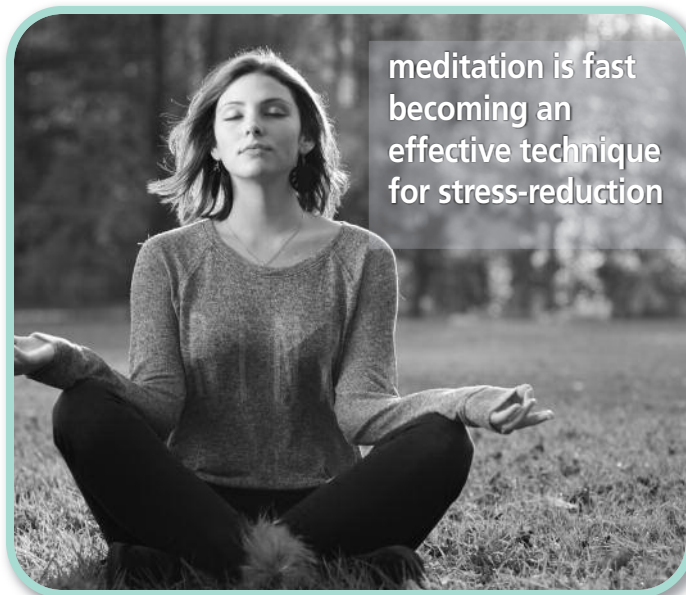
STEP #3: Set a positive way forward. Thank your body for the information it has communicated to you. Take positive steps to address your symptoms—like doing mind-body exercises, eating healthier or getting more sleep. Keep a positive mindset and allow your mind to work for you.

Mind-Body Technique #3: Meditation

Once thought to be something only a Buddhist monk would do, meditation is fast becoming an effective technique for stress-reduction—and even works for the most type-A people.

This age-old practice allows you to take control of your own nervous system and emotions. You don’t only end up handling stressful situations better, but you also help lower your blood pressure and strengthen your immune system.⁵

One way meditation works is by increasing



the levels of nitric oxide in your body – which causes blood vessels to open up and blood pressure to drop. A study that was published in the *Journal of Alternative and Complementary Medicine* found that 40 out of 60 hypertensive patients who started meditating reduced their blood pressure so much that they were able to *stop taking their blood pressure medication*.⁶

The problem is... meditation can be practiced in so many ways that getting started can be a bit overwhelming. That’s why we recommend mindfulness meditation to beginners. It’s a simple and powerful method to use, and it will give you results. Just follow the guidelines here...

- 1. Find a quiet place to sit.** Be sure to wear comfortable clothing and not be too hungry or too full.
- 2. Stay in the present.** Push aside all thoughts of the past and the future.
- 3. Focus on your breath.** Observe, without mental comment, the feeling of your breath passing the tip of your nose as you breathe in and out.
- 4. Take note of thoughts as they come up**

in your mind, but don't dwell on them. Maintain your focus on your breathing.

5. If you get carried away by a thought, that's okay. Observe when your mind wanders off without judging and return to your breathing.

6. As your time wraps up, stay seated for a minute or two to regain awareness of where you are.⁷

Practicing mindfulness meditation every day helps calm your emotions, improve your concentration, and increase your peace of mind. But that's not all...

Mindfulness meditation also transforms your health by helping to lower your blood pressure and respiration... calm your nervous system... and balance your hormones.

Mind-Body Technique #4:

Qigong

Qigong (pronounced Chi Kung) is a system that's been practiced by the Chinese for centuries. Its purpose is to cultivate energy, which helps you maintain your health, heal your body and increase your vitality.⁸

This type of exercise is performed by coordinating your thoughts, breath and movement in specific ways. This helps you circulate, build and balance qi (life force or vital energy) throughout your body. Plus, it enables your body to release toxins and remove anything blocking the transit of blood, oxygen and nutrients to your cells—which boosts both your central nervous system and liver function.

But that's not all qigong does for your health. A study published in the *American*

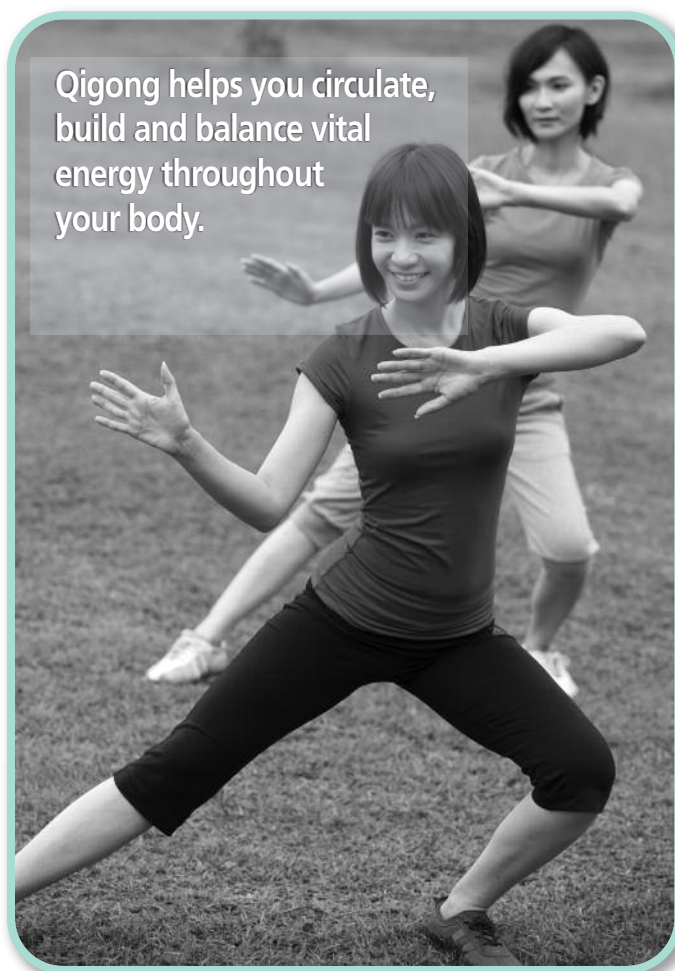
Journal of Chinese Medicine found that both systolic blood pressure (the top number) and diastolic blood pressure (the lower number) decreased significantly for patients that practiced qigong for just 10 weeks.

Ready to try it? We've included a couple of easy qigong exercises below that can help you reduce stress and lower your blood pressure. When doing them, just remember to stay relaxed and focused as you breathe...

Qi Ball

This beginner's exercise shows you how to feel and control the flow of qi—or energy—between your hands. Yes, you will actually feel it. Just follow these simple steps:

1. Close your eyes, slow your breathing and clear your mind.



You can teach your body how to slow down, how to be present, how to relax.

2. Hold your arms away from your body with your elbows slightly bent, like you are holding a basketball in your hands.
3. Breathe deeply and focus on the space between your hands. Be sure to not move them until a sensation of heat, tingling or heaviness is felt. You may even feel a magnetic resistance between your hands—and the closer your hands are to each other, the more you'll feel it.
4. When you feel a sensation of energy between your hands, move them slightly apart (less than two inches) while inhaling. It is important to time the full breath with the full movement, so your hands must move slowly.
5. Exhale while pushing your hands back to their starting position. Again, this movement should be performed very slowly and take your full breath.
6. Repeat steps 1 through 5 for at least five minutes and as long as 20 minutes.

Standing Pole

This exercise helps circulate qi (energy) throughout your body while boosting your blood flow and aligning your vertebrae. Just follow the easy steps below, making all of your movements slow, steady and deliberate:

1. Stand comfortably with your feet shoulder-width apart.

2. Relax your shoulders and slightly bend your knees.
3. Relax your arms, hands and neck and keep your arms slightly away from your torso.
4. While inhaling, concentrate on pulling qi (energy) up from the ground. Focus on moving the qi through your heels and up the back of your legs. As the qi passes your knees, they should straighten. Keep focusing as the qi continues past your hips. Your hips, waist and spine contract and rise as the qi moves through each area. When the qi reaches the base of your spine, begin to pull your shoulders up—which moves the energy up your spine to the top of your head.
5. While exhaling, push the qi from the top of your head and down the front of your body. Follow the flow of energy by moving your shoulders forward. Focus as it continues down your chest and stomach. As it splits off and goes down both of your legs, your knees bend. And it goes out the balls of your feet.
6. Repeat these five steps for at least five minutes. As the qi travels, you should experience a feeling of warmth over each area of your body—and enjoy a calmer mind... relaxed muscles... reduced stress... and lower blood pressure.

Mind-Body Technique #5:

Yoga

This ancient Indian practice of health and wellbeing has been around for 5,000 years. While the aim of traditional yoga is to unify mind, body and spirit, the Westernized methods

focus on holding and moving between various poses, specified breathing and meditation.

Yoga provides many benefits for your health, including:

- Improving your flexibility, balance, strength and endurance...
- Cultivating a sense of relaxation—which helps you cope better with stress...
- And encouraging mindfulness by shifting your focus to the sensations, thoughts and emotions that accompany the different poses or exercises.⁹

There are many types of yoga. But, regardless of which method you practice, yoga helps create a deep calming effect and slow your breathing. This neutralizes your stress-induced “fight or flight response”... reduces the amount of adrenaline and cortisol that are pumping through your body... and lowers your blood pressure. Just check out the results of these studies:

- ✓ The 2002 National Health Interview Survey (NHIS) found that yoga therapies lowered systolic blood pressure by an average of 19.07 and reduced diastolic blood pressure by 13.13 mm/Hg. The fitness and weight loss achieved with the extended practice of yoga could lower blood pressure even more.
- ✓ Dr. Sujit Chandratreya, research team member with Yoga Vidya Gurukul at the University of Pune in India, discovered that the regular practice of yoga may reduce the stress hormone ‘aldosterone,’ which constricts your blood vessels and causes your blood pressure to rise.¹⁰
- ✓ Researchers at the University of Pennsylvania found that participants doing yoga two to three times a week had a greater drop in blood pressure than patients who were put on a special diet instead.¹¹

Yoga helps create a deep calming effect and slow your breathing.



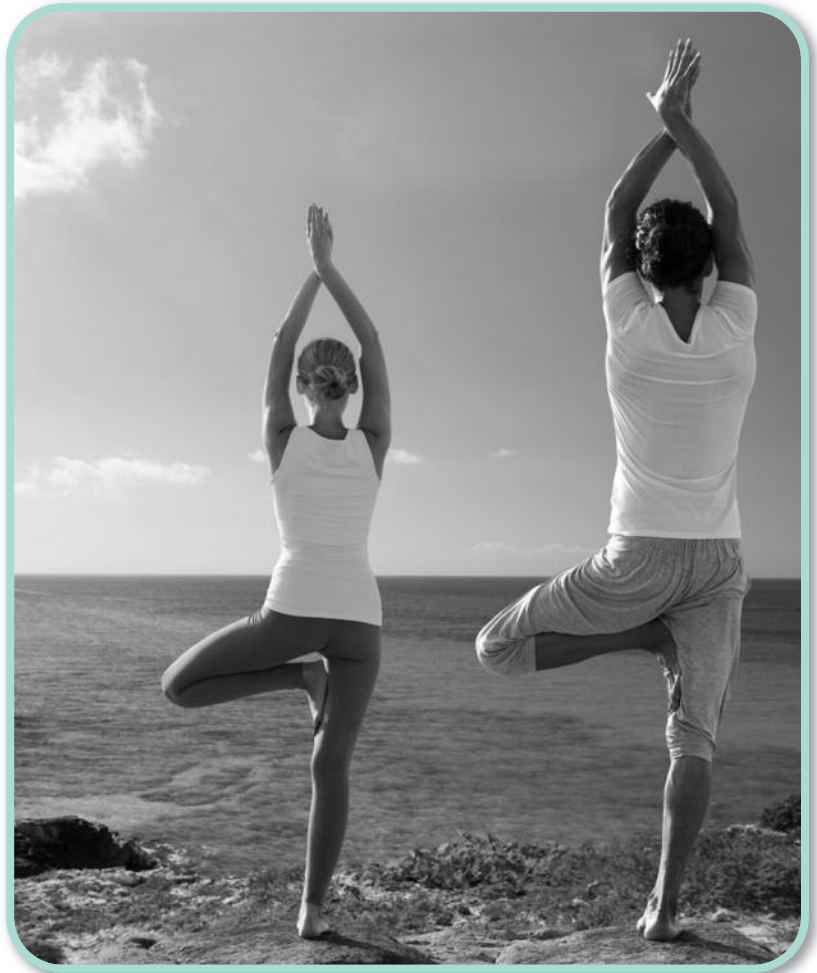
Conclusion

As you have discovered in this report, mind-body exercises—like The Sedona Method™, neuro-linguistic programming, meditation, qigong and yoga—provide powerful benefits to your overall health.

By practicing these simple methods, you can help ease your anxiety... lower your blood pressure... improve your circulation... lessen pain... improve your sleep... boost your immune system... increase your sense of control and well-being... and more.¹²

Plus, mind-body techniques help free you from stress over your past—and worries about your future—so you can focus on the here and now...

...And experience life's fullest potential.



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