

## **High Blood Pressure and Acidity([www.whatsyourph.com](http://www.whatsyourph.com))**

The best treatment is the one that cures the condition. This is the logical conclusion that anyone must come to when considering medical treatment. But all too often the primary cause is overlooked and the condition is not treated properly. The treatment given in the Blood Pressure Curesheet addresses the primary causes first and foremost. Effective treatment of high blood pressure (hypertension) does not require expensive drugs or a vigorous exercise regime. What it does require is common sense and a little care taken to follow a balanced and healthy lifestyle. You can control your blood pressure simply and effectively. You just have to know how. The treatment given in the Curesheet has been proven to be 100% effective. Moreover, its natural remedies are completely safe, with absolutely no adverse side effects whatsoever.

### **Symptoms:**

Lack of sound sleep, getting up a number of times at night to urinate, headache, dizziness, palpitation or pain in the chest, etc.

### **Causes:**

Body fat, in the absence of sufficient physical activity, is not broken down or converted into heat or energy. This surplus fat exerts pressure on the various organs and glands of the body, and when it accumulates within the veins and arteries it narrows the passage available for the blood and gradually obstructs the activity of the blood vessels. As a result, the heart is forced to overwork just to maintain the blood circulation.

An excessively protein-rich diet (particularly meat and other animal products) may also cause hypertension. The surplus protein in the diet increases the acidity of the blood, and the over-acidic blood weakens the blood-producing and blood-purifying organs such as the liver, kidneys, etc. As a result, the veins and arteries get hardened and weak. These hardened, weak blood vessels cannot maintain the blood circulation, and so the heart again has to over-work just to keep the organs functioning normally. In this condition, because the weak blood vessels may not be able to bear the over-activity of the heart, they may burst and cause internal hemorrhaging.

## **Low Blood Pressure**

For various reasons, the blood-producing and blood-purifying organs of the body may become weak. When this happens the body may not get a sufficient supply of blood. This is called low blood pressure (hypotension) and is characterized by lack of sleep, headache, dizziness, serious physical weakness, etc.

### **Treatment:**

As with most ailments, treatment of both high and low blood pressure involves short-term relief and cure, combined with an understanding of the primary cause of the condition to

prevent recurrence. The CureSheet series addresses both aspects of cure by giving immediately and easily applicable natural cures, in conjunction with exercises and lifestyle suggestions for the prevention of the condition in the future. Each CureSheet is backed up by a full no-questions-asked money-back guarantee. Your blood pressure controlled or your money back – it's as simple as that.

"Thank you for your advice. I've controlled my high blood pressure with the yoga treatments which I've learned. It's in normal condition now and still going down, so I hope that I don't have to take pills any more. Thank you for your help."

**Dr. Jurgen Schmitter, Cologne, Germany**