

Reduction of High Blood Pressure 25min

Introduction

If your blood pressure is high, it is very important to lower it and to keep it under control. When you check your blood pressure you will find two important numbers:

- Systolic blood pressure. This number is considered high if it's over 140.
- Diastolic blood pressure. It's considered too high if it is over 90.

As we get older, blood pressure tends to increment. This is because the blood vessels normally get tighter as we age and naturally, if the blood vessels are tight, the blood pressure elevates.

If you suffer from heart or renal problems, diabetes or if you ever had a cerebrovascular accident, it's better for you to maintain your blood pressure in a lower range than people without this conditions.

Description

High blood pressure can cause: cerebrovascular accident, cardiac arrest, heart failure, renal failure and premature death.

This audio therapy will help you to reduce blood pressure and relieve hypertension, it's an excellent complement for relieving the blood pressure but, of course, this audio therapy is not magic. You will also have to change some of the bad habits that you may have acquired during your life (if you have them, of course). For example, some recommendations to control and to have a balanced blood pressure will be:

- Control the amount of salt that you consume, try to consume less than 1.500 mg per day.
- Control the amount of alcohol you drink, one drink per day for women and two for men.
- Follow a healthy diet to maintain a healthy heart. Include potassium and fiber, drink a lot of water.
- Maintain yourself in a healthy body weight. If you need to, find a plan to help you lose weight.
- Exercise regularly. At least 30 minutes per day of moderate aerobic exercise, this will be incredibly beneficial for your heart.

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- Reduce stress. Try to avoid situations that may cause stress. You can also try with meditation or Yoga.
- If you smoke, quit. Find a plan that helps you to cut the habit. You can complement this plan with our audio therapy “Treatment for Addictions and Chemical Dependency”.

Ask your doctor, he can help you find a plan to reduce weight, to quit smoking and to exercise. You could also ask him for a nutritionist to help you find a healthy diet plan.

How to use it

This sound can be used at any time you consider necessary. For it to have a better effect, you must be comfortable and focused only on the sound, in a place where you feel comfortable and without distractions.

Make sure that you are not going to be disturbed during the audio session. Go to the toilet, drink water if you need to and assure that you have no pending things to do while you are listening to the audio therapy.

When the therapy starts, close your eyes and relax. Your eyes must be closed even if you are using led goggles. During the session you must be as relaxed as possible, any worry that you might have may interfere with the pattern of brain waves of the sound and decrease or even null the desired results.

This session requires the use of headphones. It is very important to use your headphones in the right way, always using the right channel for the right ear and the left channel for the left ear. This is because the audio might have information for the right hemisphere of the brain or for the left hemisphere in each channel.

Turn the volume to a comfortable level. If you are using led goggles you may also want to adjust the brightness.

Remember, it is highly recommended to drink a glass of water before each session, especially if you are using led goggles.

Must not use

We recommend people who have any of the following conditions not to use this audio:



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- Epileptics.
- People with pacemaker.
- People that suffer or are prone to suffer seizures.
- People under the influence of alcohol or any other mind changing substances, either legal or illegal.
- It must not be used when driving or operating with machinery.
- Photosensitive people must not use led goggles.

Can use this audio only with medical authorization:

- Pregnant women.
- People under the influence of medications or drugs.
- People under 18 years old must be checked by a doctor to assure that they don't suffer from epilepsy or any other illness that might produce seizures.