



# **The HeartMath Approach to Managing Hypertension: The Proven, Natural Way to Lower Your Blood Pressure**

*Doc Childre, Bruce Wilson MD*

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A Powerful, Drug-Free Approach to High Blood Pressure

High blood pressure is a national epidemic. It's a condition that affects one in four Americans, most of whom have no idea they are at higher risk for heart disease, stroke, and other life-threatening problems. Conventional treatments for hypertension involve drugs, and these can have considerable side effects and may not ultimately succeed in getting those numbers down. Fortunately, the Institute of HeartMath has researched techniques for managing stress and hypertension for more than fifteen years. Now, at last, their highly effective strategies for regulating blood pressure safely and effectively are available to you.

Using a series of unique techniques like the Freeze-Frame ® and the Heart Lock-In ®, this book will help you literally regulate your blood pressure at the source—the heart level—and reduce the stress that causes high blood pressure. In as little as ninety days, you can 'reset' your baroreceptor systems and lower your blood pressure. The approach is drug-free, safe, effective, and clinically validated.

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