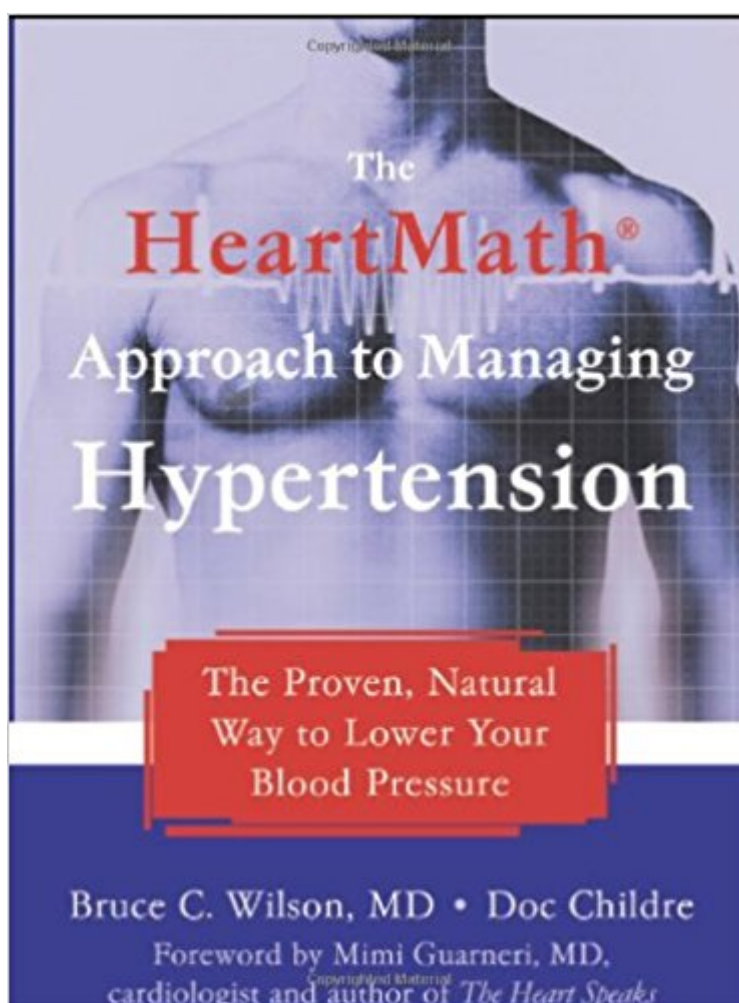


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# The HeartMath Approach To Managing Hypertension: The Proven, Natural Way To Lower Your Blood Pressure



## Synopsis

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 <sup>®</sup> and the Heart Lock-In <sup>®</sup>, 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.

## Book Information

Series: Heartmath

Paperback: 152 pages

Publisher: New Harbinger Publications; 1 edition (January 2, 2007)

Language: English

ISBN-10: 1572244712

ISBN-13: 978-1572244719

Product Dimensions: 7.6 x 6.5 x 0.5 inches

Shipping Weight: 4.8 ounces

Average Customer Review: 4.1 out of 5 stars 7 customer reviews

Best Sellers Rank: #438,014 in Books (See Top 100 in Books) #30 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure](#) #237 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease](#)

## Customer Reviews

This is a comprehensive overview of hypertension incorporates conventional medical wisdom as well up-to-date thinking regarding the important role of stress. Readers will find clear explanations of hypertension: its causes, deleterious effects on the body, and an explanation of the types of drugs used to treat it. But they will also learn about our growing understanding of the important contribution of stress hormones and will learn some simple techniques to engage their

hearts and brains to restore inner equilibrium and calmness. This will be useful for anyone who wants to understand hypertension and the range of options available to address it. Kenneth M. Riff, MD, executive director of the Hawaii Heart Brain Center at North Hawaii Community Hospital

As this concise but meaty book emphasizes, hypertension is a major cause of death and disability. It is aptly called 'the silent killer' because patients may have no symptoms until it produces significant damage. Although there are numerous antihypertensive drugs, there is no algorithm that guarantees which will work best in any given patient and many have serious side effects. In contrast, the HeartMath<sup>®</sup> approach is completely safe and its efficacy has been demonstrated in years of cutting-edge research on heart rate variability feedback.

Paul Rosch, MD, president of the American Institute of Stress

Connecting the mind, body, and emotions, Heartmath offers a quickly learned, scientifically validated approach to decreasing stress and impacting cardiac risk factors such as high blood pressure, diabetes, arrhythmia, and chest pain. Everyone needs to learn these techniques.

Mimi Guarneri, MD, FACC, medical director of the Scripps Center for Integrative Medicine

The holistic approach to hypertension described in this book is user-friendly for patients of different ages. It addresses the essential bio-behavioral nature of the problem directly, with ideas to heal and balance body and mind.

Timothy P. Culbert, MD, medical director, integrative medicine and cultural care, at Children's Hospitals and Clinics of Minnesota

Wilson and Childre present an up-to-date, highly readable, and comprehensive approach to managing high blood pressure. Using a combination of evidence-based clinical recommendations (medications, exercise, and diet) together with scientifically validated HeartMath tools, the authors clearly and concisely explain the key role of the heart-brain connection ('heart intelligence') in the management of hypertension. If you have hypertension, this book is a must read. If your blood pressure is normal but your life is stressful (let's be honest; whose life is not?), I am convinced that combining HeartMath tools with a good diet and adequate exercise can help you achieve emotional balance and optimal health.

Alan P. Feren, MD, president of Feren Healthcare Insights, LLC, and former chief medical officer of Sutter Health Partners

One third of Americans have high blood pressure. It is therefore likely that you or someone you love has this health problem (and may not even know it). Do you know how high blood pressure happens? Wilson and Childre teach us not only the causes of high blood pressure but how to take care of it, with reduced medication or no medication at all. All Americans should read this book.

Lee Lipsenthal, MD, ABHM, heart disease researcher and president of the American Board of Holistic Medicine

The increasingly complex and ambiguous business world we now live in, and the speed at which this world can change, can result in maladaptive physiological

responses in people. This often leads to a stress response mechanism which can result in sustained hypertension, which in its initial stages produces no symptoms. If sustained too long, it can result in profound and serious future health effects. Whilst medication, with all its potential side effects, has been the mainstay of treatment for several years, HeartMath's research has been instrumental in demonstrating the role of certain emotional states in our stress response mechanisms. HeartMath's philosophy and tools have shown that by influencing these emotional states and their associated physiological mechanisms often responsible for hypertension, patients can take control and positively improve their physiology. This can result in preventing hypertension at an early stage, avoiding or delaying medication, or significantly reducing the quantity and dose of already prescribed antihypertensive medication.

—Tony Yardley—Jones, MD, Ph.D., specialist in occupational medicine at Chelsea & Westminster, London, UK, and director of occupational health at the Royal Berkshire Hospital, Reading, UK

Stress and its consequences remain major hurdles as people search for ways to improve quality of life and reduce susceptibility to illness. Wilson and Childre have put together a well—referenced, scientifically supported, novel approach to the management of one of our nation's biggest killers—hypertension. Knowing how vulnerable we are to developing high blood pressure is what makes the HeartMath approach so interesting and helpful. Having tools that can positively influence our responses to the stresses of daily life is critical in the battle against heart disease and stroke. Taking charge of our life stressors has great potential to decrease not only our blood pressure but reduce our susceptibility to other stress—related health problems. Enjoy the book and take the message 'to heart.'

—Kathy Berra, MSN, ANP, FAAN, past president of the American Association of Cardiovascular and Pulmonary Rehabilitation Cardiovascular Medicine and Coronary Interventions, Redwood City, CA

While there are hundreds of books on controlling high blood pressure, The HeartMath's Approach to Managing Hypertension clearly stands out as breakthrough work. Unlike any authors before them, Wilson and Childre have clearly recognized the role stress plays in elevating blood pressure and have developed scientifically—proven techniques for reducing stress and, thus, lowering blood pressure. This comprehensive book explains the causes of hypertension, the pros and cons of medications used to treat the condition, and looks at both conventional and alternative treatments. But most importantly, what you learn in The HeartMath's Approach to Managing Hypertension works! And that is a major step forward.

—Charles B. Inlander, president of People's Medical Society

This book not only discusses the link between stress and high blood pressure, but also serves as a great resource for how to break stress and its toxic effects in all people—not just those with hypertension. As the

CEO of a large hospital, I am wholly supportive of the HeartMath's® methodology to reduce stress in the workplace and in our daily lives. I have seen it work in my organization. The pace of our culture has increased dramatically over the past few decades, and if we do not take control of the issues that cause stress in our lives, we will not be able to perform the important services expected of us in the health care industry." Mary M. White, chief executive officer of the Swedish Medical Center, Denver, CO

This is a work that is informative and highly readable. It addresses a significant public health problem in a straightforward and practical way. You can feel the passion and caring put forth by these dedicated professionals. I can highly recommend it to anyone in the health care field as well as individuals afflicted by this chronic illness." Nick Hilger, senior vice president of strategic development for United Healthcare

From the leaders of the renowned HeartMath Institute comes this application of the HeartMath techniques for natural, drug-free management of hypertension: Engage the heart to bring emotions, body, and mind into balance, and help lower high blood pressure.

Heart Math was recommended to me by my Holistic and Integrated Practitioner as a means of lowering blood pressure without the use of drugs,

All the key medical facts, advice, and explanation in a lucid and non-technical language is provided in this excellent book. This is "a-must-read" book for everyone, who wants to get educated on blood pressure or heart-related medical conditions. Thanks to this great author.

I found this book helpful. I hope to use this systems with my patients. I would like to know how others are using it.

This is just another "bandwagon" to already known ways to reduce blood pressure. The biofeedback works -- but is very expensive. The research used was limited to justify the "sales" of products not necessary to reduce blood pressure. They did not tell the entire story. Very incomplete. I know this from personal experience. I was disappointed in this book.

I had stunning and very quick results using the Emwave2 to improve my blood pressure and heart rate. I have had a high rest heart rate forever (low 90s) and tended to be borderline with my blood pressure. Within a few days of using the Emwave2 (I did immerse myself using it to gain the most

advantage the quickest) my resting heart rate dropped to the LOWER 70s and have remained mostly in the 70s. I do multiple Emwave2 sessions (I also have the Inner Balance to use on my iPhone on the go) and take my blood pressure and heart rate on a separate blood pressure unit. I could not be more pleased with my results!

this book presents some interesting concepts in a well written manner. It is a good primer for someone looking to make some practical lifestyle changes to deal with hypertension. It also gives pause for thought on how we deal with the stresses and joys in our daily lives. A good, quick read.

...written in an understandable and interesting style, this book explains breathwork in a modern way with modern research. I was recommended the HeartMath technique by my dentist to reduce my parasympathetic response so my major dentalwork would heal better. HeartMath techniques effect the whole body and offer those who suffer from staying in their "flight or fight" nervous system a way to easily access their "feed and breed" one more often.

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diet,blood type a cookbook,blood type ab,blood type book) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating) The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without ... Boost your energy, and Stay healthy for life! High Blood Pressure Explained: Natural, Effective, Drug-Free Treatment for the “Silent Killer”: (Blood Pressure, Hypertension, Heart Health, Naturopathy, Natural Remedies) The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without drugs, ... and Stay healthy for life! (Everything®) The Blood Pressure Solution: 40 Natural Ways To Lower Your Blood Pressure Without Drugs or Expensive Procedures (Natural Health Guide Book 1) The HeartMath Solution: The Institute of HeartMath’s Revolutionary Program for Engaging the Power of the Heart’s Intelligence DASH Diet: Dash Diet Recipes for Weight Loss, Lower Blood Pressure and Cholesterol Beginners Cookbook (DASH Diet, Lower Blood Pressure, DASH Diet Recipes) Blood Pressure Solution: How to lower your Blood Pressure without medication using Natural Remedies Lower Your Blood Pressure Naturally: Drop Pounds and Slash Your Blood Pressure in 6 Weeks Without Drugs

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