

High Blood Pressure

14 years ago my blood pressure was 265 over 120.....Besides being sky high what do those numbers mean. Well, simply put, the top number is the pressure in your arteries and the bottom number is how hard the heart (pump-muscle) is working to create the top number. The accepted normal blood pressure range is 90 over 60 to 130 over 90.

If the top number stays at 160 or goes even higher for a long period of time it can cause a stroke, because the thin veins and arteries in your brain are not designed to handle high blood pressure for long periods of time.

If the bottom number stays at 95 or even higher for a long period of time (years), it will cause the heart (pump muscle) to enlarge. As the heart gets bigger and bigger it will stretch or pull apart the heart valves causing leaks or heart failure.

High blood pressure can cause:

- Strokes
- Heart failure
- Heart attack
- Hardening of the arteries
- Kidney damage
- Retina damage in the eyes

Temporary high blood pressure is required by our body to get us out of bed, climb stairs or go running. When we get scared our blood pressure goes way up in case we need to react to an emergency. This high blood pressure is required to supply the oxygen and other chemistry to the body.

Blood pressure is measured "at rest", meaning your pulse (heart beat) should be somewhere around 60-65 beats per minute. If the pulse rate is above 65, then the blood pressure will not be the true "at rest" reading.

Dr Batman talks about a flaw when you or your doctor takes your blood pressure. The compressing of the arteries in the arm causes a blockage (stopping the flow of blood) that a healthy system will tell the brain we have no flow of blood in the arm and the brain will increase the blood pressure to remove the blockage. This can give you a false reading.

Dr Batman suggests you should take several readings, one after another, not waiting in between. When you get two readings the same, then the brain knows you were only doing a test. It does take some people up to 5 readings to get an accurate reading. Try this yourself and you will see the numbers go down with each reading. Remember, if the pulse is higher than 65 then the reading will not be your true "at rest" reading.

If your blood pressure is up all the time you should go on a medication to lower it until you can find the cause and fix it.

The main cause of high blood pressure, according to Dr Batman, is being low on water. Our blood is 94% water. When the blood is low on water, then the heart must pump the lower volume of blood harder thru the constricted (tightened up) veins and arteries.

You should slowly increase your water intake by adding just one, 8 oz glass of plain water (250ml) each day while stopping any commercial beverage's like alcohol, coffee, soda, tea and ginseng until you reach the required amount. Juices don't replace the need for plain water, but a couple glasses per day are okay.

You need half your weight in ounces of plain water each day. You need at least 1/8 tsp (3/4 gram) of salt (sodium chloride) for every 16 oz (500ml-half a liter) of water. Unrefined sea salt is the best to use because it contains over 80 trace minerals that are not in your everyday brand of table salt. It also tastes better.

Please read "**Important Tips to Know Before Starting the Water Cure Program**" on page **120**. *This information is CRITICAL* for you to be able to use the water & salt program properly.

Doctors suggest we should stay away from salt because we get too much in our food and the same goes for sugar. All that flies out the door when you have a medical emergency and go to the hospital. What do they do there...they will give you an IV of saline (salt water) and an IV of dextrose (sugar water). They may also give you an IV of vitamins and minerals. When you leave the hospital and see your doctor, he will remind you to stay away from salt and sugar once again.

Putting salt on your tongue will:

- clear up any congestion in your lungs or sinuses
- stop a runny nose (antihistamine)
- stop muscle cramps.
- Possibly improve your vision temporarily

By following Dr Batman's program I was able to lower my blood pressure from 265 over 120 down to 120 over 80. That was 14 years ago and it is still the same today.

Dr Batman's complete program simplified is:

- drinking plain water
- getting the required amount of salt
- taking supplements,
- eating foods to supply the body with amino acids
- walking each day

You must read the chapters on water, salt, food and exercise to better understand the complete program. This chapter on high blood pressure is to educate the reader and point you in the right direction.

If you are having problems with drinking the water or taking the salt then go to the trouble-shooting chapter on page **115**.

This is suggested information only to educate a person on what we have learned and experienced from following Dr Batman's published books. Try it at your own risk.