

Hypertension and Quantum Techniques

Those with high blood pressure, also known as hypertension or HBP, know all too well the battle of keeping their blood pressure within normal levels. Many factors contribute to the maintenance of hypertension which includes a diet low in salt, low in saturated fats, the cessation of smoking, adequate exercise, and probably most important, stress management. And please remember, hypertension is NOT a disease, it is a symptom of a larger problem.

When we mention “stress,” we mean emotional, physical, and mental stress. And stress is defined as anything that makes the body prepare for a fight-or-flight response...you know, that anxious feeling you get when you’re under pressure, battling emotional events, or being in an uncomfortable environment just to name a few.

So what causes hypertension? Within the scope of Quantum Techniques, it’s a myriad of sources:

1. Reversals or auto-toxicity to adrenaline which make your adrenals pump out more adrenaline than necessary
2. Kidney and adrenal disorders
3. Foods, supplements, or herbs that when eaten cause toxicity within your energetic system
4. Toxins issues associated with medications given for another symptom
5. Bacteria, Viruses, and Fungal Issues
6. Prolonged Emotional & Mental Stress
7. Traumatic Events that become stuck within your energetic system
8. Reversals or toxicity to salt, potassium, or calcium
9. Unresolved Parts that are contributing to unrelenting anger and stress
10. Certain blocking beliefs
11. Hereditary dispositions
12. Obesity
13. Alcoholism

The kidney and adrenal fields are always involved with elevation of blood pressure as they control the renin levels that maintain correct sodium and potassium levels within the body. A practitioner can scan the kidneys and adrenals specifically and determine the exact stressor related to the elevated blood pressure and give a customized code to remove the blockages to healing this symptom.

The thyroid is also an issue that has to be ruled out before considering it a core issue. Hypothyroidism can result in low blood pressure while hyperthyroidism can trigger high blood pressure. Hormones play a huge part in keeping your body healthy.

Symptoms often lead to other symptoms if left unresolved. Hypertension can lead to atherosclerosis, which is known as hardening of the arteries, thru ought the body. Often we test the walls of the arteries for infections which is critical for healing this energetically. Oxygen deficiency can be a cause and effect of hypertension as well.

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So as you can see, many factors contribute to high blood pressure. With Quantum Techniques, we can help you find the core issues to let your body stabilize its normal pressure, whatever that may be.

Take control of your HBP by learning to muscle test which foods might be contributing to this symptom by downloading Truth Techniques I. Getting control of your Parts is also a healthy way of dealing with stress management and HBP. Download your copy of Parts Theory & Treatment Protocol [here](#).

You have the option of taking a pill from your Physician and not taking control of your own health, or, you can take the natural route and heal many issues on many different levels that you never thought possible.

We look forward to working with you.

Jonathan Roberts, NHD