



Fitness Frontline

How to lower blood pressure naturally



Hi, I'm John Miller. Thanks for downloading **How to Lower Blood Pressure Naturally**. It's a program designed for 'regular folks' who are serious about getting back into good health and lowering their blood pressure.

It's my aim to provide you with a blood pressure lowering program designed to get you back on the path to being in exceptionally good physical and mental condition. Do that and there's a good chance your blood pressure will return to normal. (But maybe not in some cases.)

Once you start to exercise more, eat wisely, get back close to your ideal weight, manage stress, get a good night's sleep and relax your blood pressure will gradually return to normal.

Included in this book are a number of assessment profiles you can complete to see what sort of shape you're in.

The reason these profiles have been included is that they'll provide you with a benchmark of your health, fitness and wellbeing, which in turn will assist you to work out the likely causes of your high blood pressure and what you can do to lower it. Just taking your blood pressure is not sufficient. It's a symptom. You want to know the underlying causes of the problem. Only then can you map out a strategy that's likely to fix it.

What you've got here is a comprehensive, systematic, evidence-based blue print for improving your health and in particular, lowering your blood pressure.

High blood pressure is a symptom of metabolic dysfunction, an insidious process associated with a decline in the performance of the key body systems that are designed to keep the cells of your body functioning normally.

You know high blood pressure is not caused by a lack of ACE inhibitor, diuretic or beta blocker.

The proviso

There is a proviso based on the 80:20 rule. This program is designed for the 80% of people with high blood pressure who are in just plain, poor (metabolic) physical condition. If you fall into this category and you're diligent in improving your health and fitness, you'll notice a gradual lowering of your blood pressure. For the remaining 20% of people, for any number of reasons it may not work, particularly for those who have a serious medical condition.

In the meantime stay tuned, highly tuned and move heaven and earth to return your blood pressure to normal.

John Miller

Lower Blood Pressure Naturally

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This book is dedicated to Alison, who continues to get fitter and healthier.

1. Introduction

Blood pressure is a universal indicator of metabolic health. That's why just about every time you go to the doctor he or she will measure it. The big problem is that that is about all they'll measure. They may get you to stand on the scales, but not ones that will measure your percent body fat so you can see exactly how over-weight you are.

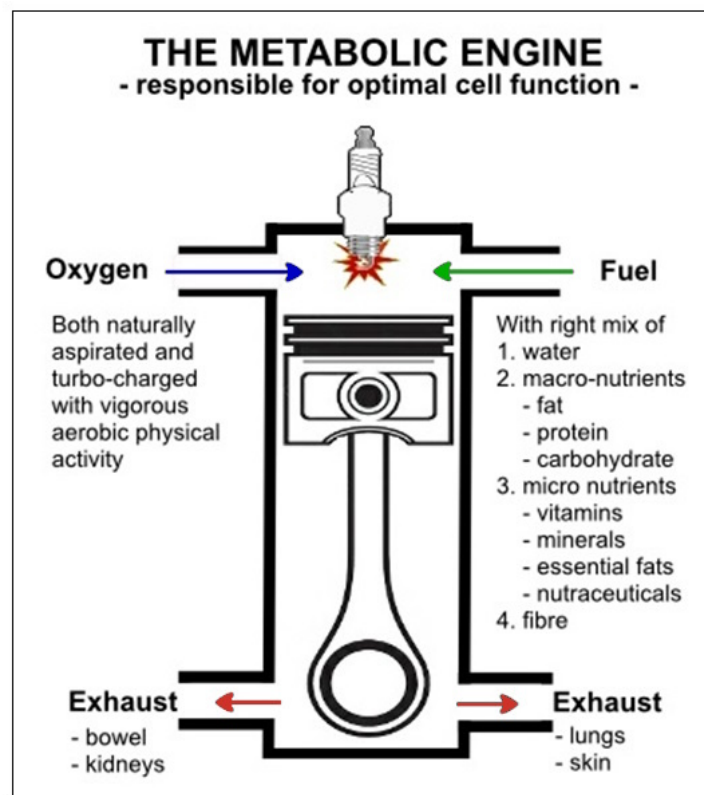
Rarely will they take you out the back for a 20m run aerobic fitness test. (in fact I've never known of a doctor who would do such a think.) They won't tell you to purchase a Fitbit watch that will enable both yourself and your doctor to measure, manage and monitor your aerobic fitness training program. Nor will you be sent off to the pathologist to see whether you're lacking in certain vitamins or minerals or to check your levels of homocysteine, C-reactive protein or insulin. You won't be given a stress inventory to complete.

According to the National Heart Lung and Blood Institute (NHLBI), most people with high blood pressure have '*primary or essential hypertension*', which the Institute describes as, '*... high blood pressure for no specific reason*'. i.e. it comes from out of the blue, just like the medical institutes think [lower back pain](#) comes from out of the blue.

Of course that's bunkum. If your blood pressure is high then there's definitely a reason for it being high.

What the NHLBI might have said is that for around 90% of people, high blood pressure is not the result of a serious underlying dysfunction medical condition, it's just a reflection of poor health and fitness generally.

Your **metabolic engine** has fallen down on the job. It's the 'engine' that's responsible for delivering oxygen and essential nutrients to every cell in your body and getting rid of the waste products of metabolism.



2. Blood pressure – a symptom of poor metabolic health

That being the case we can define high blood pressure as a symptom of personally-generated metabolic dysfunction and being personally generated we have the capacity to personally ‘ungenerated’ it by modifying our lifestyle.

Nevertheless, to be on the safe side, if you have high blood pressure you need to get yourself checked out by a physician to eliminate any of the catastrophic medical causes.

BLOOD PRESSURE GUIDELINES

	Category	Systolic	Diastolic
	Normal	<120 -129	< 80
	Pre-Hypertension	130-139	80-89
	Hypertension Stage I	140-159	90-99
	Hypertension Stage II	> 160	>100

The highest blood pressure I’ve ever measured was 240/120. Regrettably that poor fellow is no longer with us.

Stunning as it may sound, nearly half of Americans ages 20 years and up – or over 120 million people – have high blood pressure, according to a 2023 report from the American Heart Association. Over 80% are on blood pressure medication.

If all of them are being medicated, someone is making a good earner. 97m people paying \$600 a year is somewhere in the vicinity of a cool \$57B.

Disease or Dysfunction?

High blood pressure comes at the end of a long line of metabolic dysfunctions; it is not a first cause. It’s not a disease. You don’t ‘catch it’. It’s a performance indicator of how well a range of body systems are supporting healthy cellular function. It’s a symptom of poor metabolic health, a symptom of a body that hasn’t been kept in good working order, hasn’t been regularly serviced, whose performance is degraded.

Likely as not it’s just one aspect of a general malaise with more than one part of the body being dysfunctional, which is why you need to take a system-wide approach for restoring poor function to good.

Taking a medication to lower your blood pressure is pretty much like cutting the wire to one of the warning lights on your car dashboard. You’ve turned off the light without addressing the problem to which it is alerting you.



You’ve shot the messenger.

A lot of people seized up and came to a halt because they didn’t take any notice of the warning light

If the ‘motor’ isn’t serviced regularly it just chugs along making more and more ‘noise’, giving off a lot of ‘smoke’, losing ‘power’, ‘chewing up gas’, working inefficiently and eventually grinding to a halt. We recognize this decline in performance as headaches, poor sleep, lack of energy, crook gut, getting fatter, type 2 diabetes ... and high blood pressure.

As a culture we're obsessed with measuring blood pressure for its own sake. If it's high, likely as not we'll take the most expedient route to lowering it, rather than attending to the reasons why it's high. However high blood pressure is not caused by a lack of ACE inhibitor, diuretic or beta blocker.

If you search the medical literature for 'diagnose high blood pressure', all you'll find is a description of how to measure it. Well, everyone knows how to do that. All you need is a blood pressure machine. You don't even need to go to the doctor. Why spend \$100 at the surgery when you can buy a machine for that much and measure it whenever you like.

Of course what the clinical guidelines don't mention is how to diagnose the cause(s) of high blood pressure.

Blood pressure is just one of many indicators – a symptom - of a body under stress and in poor condition. The Gran Turismo has turned into a clunker.

There are a host of other measures all stacked one above the other.

- Aerobic fitness is the prime one. The chances of having it measured in a surgery is quite remote.
- being overweight
- low blood HDL cholesterol level
- high blood triglyceride level
- elevated blood insulin and glucose levels
- elevated level of homocysteine
- elevated C-reactive protein - a marker of inflammation related to heart health
- elevated triglycerides
- depression. Whilst it is not widely known, aspects of depression are related to the physiological impact of low levels of aerobic fitness and essential vitamins and minerals – especially omega 3 fats and meditation. Depression can also be associated with poor gut health.



But needless to say, high blood pressure is just one of many symptoms of a body that's not in good condition.

If you want your blood pressure to go down in the next 24 hours go see a chemist. If you want it to return to the point where you don't need to take medication, start exercising, meditating, eating wisely - and start living the life you'd like to live.

3. Measuring blood pressure

Blood pressure is measured using a sphygmomanometer. Whilst your doctor will usually take it manually, you can take your own using a digital blood pressure machine.



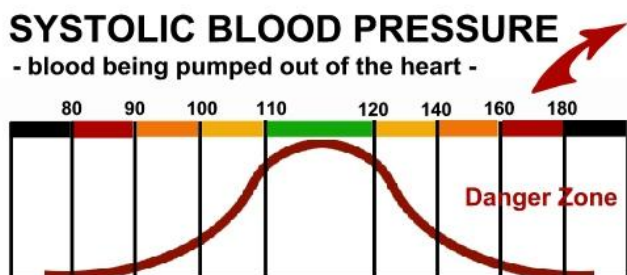
The electronic sphygmo-mamometer records two numbers, systolic blood pressure - when blood is being pumped out of the heart and diastolic blood pressure - when blood is flowing back into the heart.

Systolic Blood Pressure

The systolic pressure measurement is the higher of the two numbers and records the pressure of the blood as it is pumped out of the heart. You can detect the beat as the blood is pumped out when you take your pulse.

The acceptable range of systolic blood pressure measures is probably within the range of 100 - 135mmHg. Many more people have systolic blood pressure higher than 140mmHg than have lower than 100mmHg.

The amber light comes on after 135mmH and the red light at 160mmH.

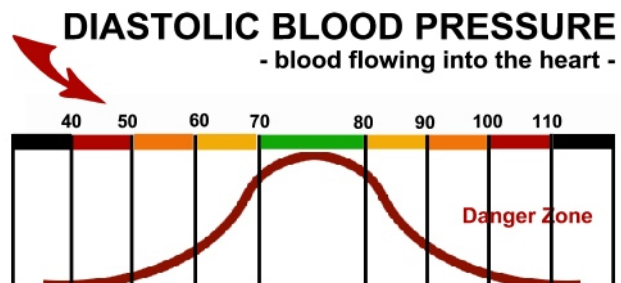


Diastolic Blood Pressure

Diastolic blood pressure, the lower of the two numbers is said to be the more important measure of vascular integrity. It is the pressure recorded when the blood is flowing back into the heart.

Diastolic blood pressure is said to be normal at about 80mmHg. The amber light comes on at 90 and the red light at 100.

Hundreds of millions of people around the world are on tablets for high blood pressure (hypertension) which shows you the magnitude of the poor health problem.



When you have high blood pressure it's highly likely that it's not just one body system that's become dysfunction, it's the whole system. That's why the best approach to lowering your blood pressure comes from improving your general level of health, fitness and wellbeing.

In comparison, taking a tablet to lower the pressure appears as a tawdry, though frequently a necessary treatment.

A word on taking your blood pressure

When taking your blood pressure settle yourself, sitting down in a comfortable chair in a spot where you won't be disturbed. Or take it every morning while you're still in bed.

Wrap the cuff around your arm, close your eyes and start relaxing.

If you like, use the relaxation audio file that comes with this program. Close your eyes and start breathing slowly, deeply and rhythmically, using stomach breathing, and with every breath you breathe out feel your body becoming more and more relaxed, feel tension draining away from your body.

After a few minutes press the inflate button and when the machine has 'wound down' open your eyes and take a look at the score.

Continue to relax and meditate for ten minutes, taking your blood pressure two or three more times.

It's a much better way to record your blood pressure than having it measured after rushing into the surgery. Plus there's 'white coat syndrome' where blood pressure often goes up in the presence of a doctor.

Elevated blood pressure is a symptom of metabolic and mental health dysfunction.
It's a messenger telling you to do something. One of the somethings is regular and systematic, heart-rate elevating physical activity. Telling the messenger to 'shut up' (by sticking a pill down your throat, doesn't treat the cause of the high blood pressure.

4. The Causes of High Blood Pressure

The short answer to the most common cause of high blood pressure is trying to pump the same volume of blood through a blood vessel that has been constricted. Smaller pipe, higher pressure, it's as simple as that. So one of the great health quests for maintaining a normal, healthy blood pressure is to stop the bore of your blood vessels from getting smaller.



Arteries can become constricted due to

- nervous tension
- systemic failure of key organs of the body
- dysfunction within the endocrine system - particularly the thyroid gland or
- a buildup of plaque on the blood vessel walls.

If the volume of blood increases, or the extent of the arterial network becomes greater (as in when people become fatter), the pressure will go up as well

As Bill Clinton might have said, 'It's the system stupid!'

5. The metabolic health engine

In this discussion on blood pressure I'm going to take a more general view as it relates to the high proportion of people who don't have a serious medical condition, but are just in poor physical and mental condition.

Take a moment to also think about the distinction between the 'inside' and the 'outside' of the body. 'Inside' is the cellular level. The rest of the body serves to keep the cells in good health.

Just as a motor has a carburetor, battery, fuel pump, ignition system etc., so do we have body systems to make sure that cells receive what they need to sustain healthy metabolism. They need the right fuel, mixed with oxygen and a good exhaust system.

Our nervous system, lungs, heart, liver, lymph system, kidneys, bowel ... are servants of the cells, and designed to keep the 'inside' of the body operating at an optimal level.

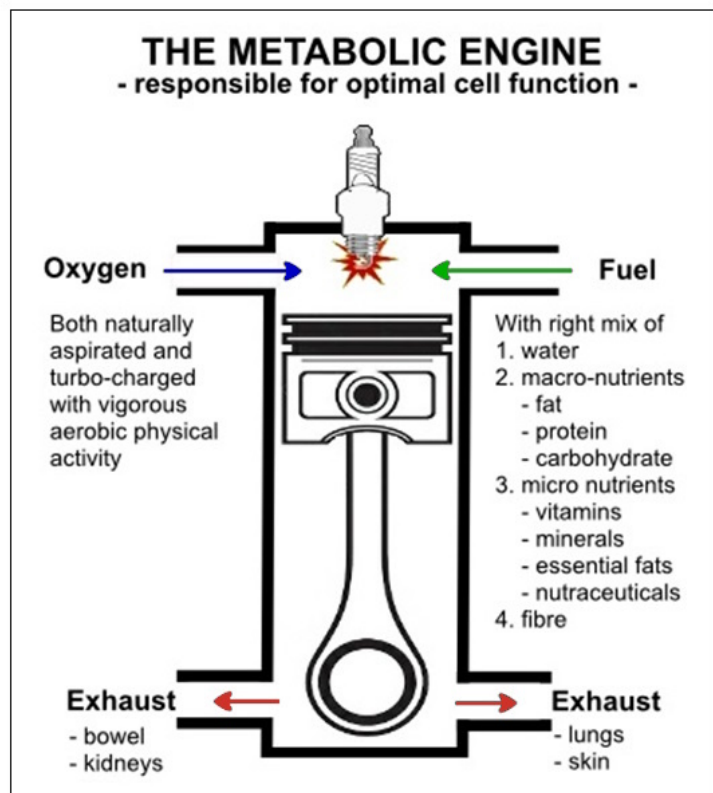
High blood pressure is just one of many indicators that the body systems that support healthy metabolism aren't working properly. Usually it's the case that the whole system is just 'out of tune'. It needs a good service.

80 years ago, a lot of people who owned a car serviced it themselves. These days most people have it done by a mechanic. They can't even be bothered changing the oil or rotating the tyres. Maybe they don't know how.

When it comes to our body we think along similar lines, 'Body not working properly, I'll take it in to a 'mechanic' for a service.'

But it doesn't work like that, does it? When you go to the doctor or the chemist you don't get your body serviced. Unless you've undergone surgery, you don't come out the door in better shape. When it comes to regularly servicing your body you have to do it yourself.

If you're reading this book you'll know this is true. What you may not be aware of is that you have to service your body, on a daily basis. You have to watch what fuel you put into your body, that your oxygen supply is turbo-charged and your exhaust systems are working well.



Listen to what your body is telling you.

6. Atherosclerosis

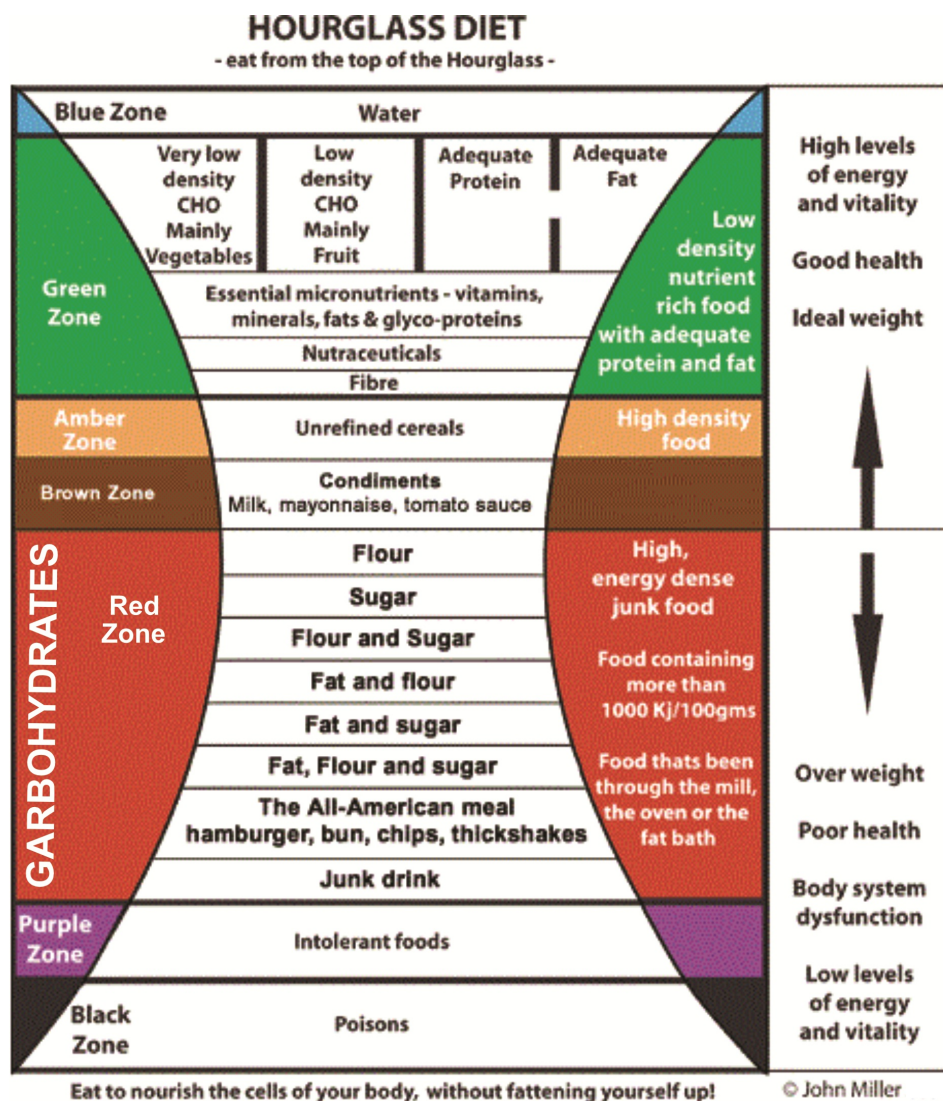
THE GARBOHYDRATES – yep, that's a 'g' not a 'c'

Eating too much of the 'garbohydrates' (flour and sugar - on their own, combined or mixed with fat and starch) over an extended period will lead to a buildup of plaque in the arteries of the heart. Over time, your blood pressure goes up as the plaque hardens and narrows the arteries.

When blood can no longer flow through one of the heart arteries you have a heart attack. When people die from heart attacks it always reported as a 'massive heart attack'.

It's a big problem in sedentary affluent countries where eating garbohydrates is the cheapest way to satisfy hunger.

A lack of regular vigorous exercise speeds up the atherosclerotic process.



When smoking tobacco is added to the garbohydrate food mix, the process is speeded up.

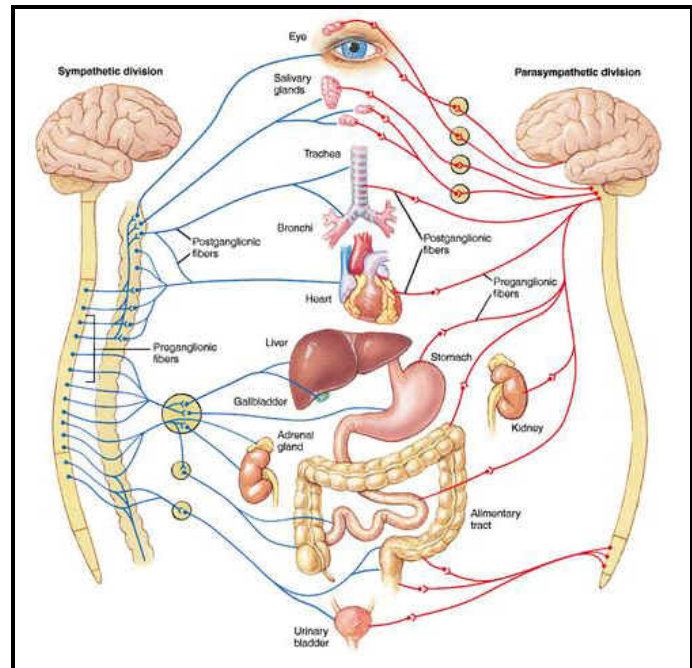
7. A dysfunctional autonomic nervous system

The autonomic nervous system is that part of the brain that runs sub-consciously the essential processes of your body, particularly respiration and digestion. For example, you don't have to think about taking the next breath, or where your breakfast is going. It just happens, automatically.

It has two branches of nerves that go deep into the core organs of your body

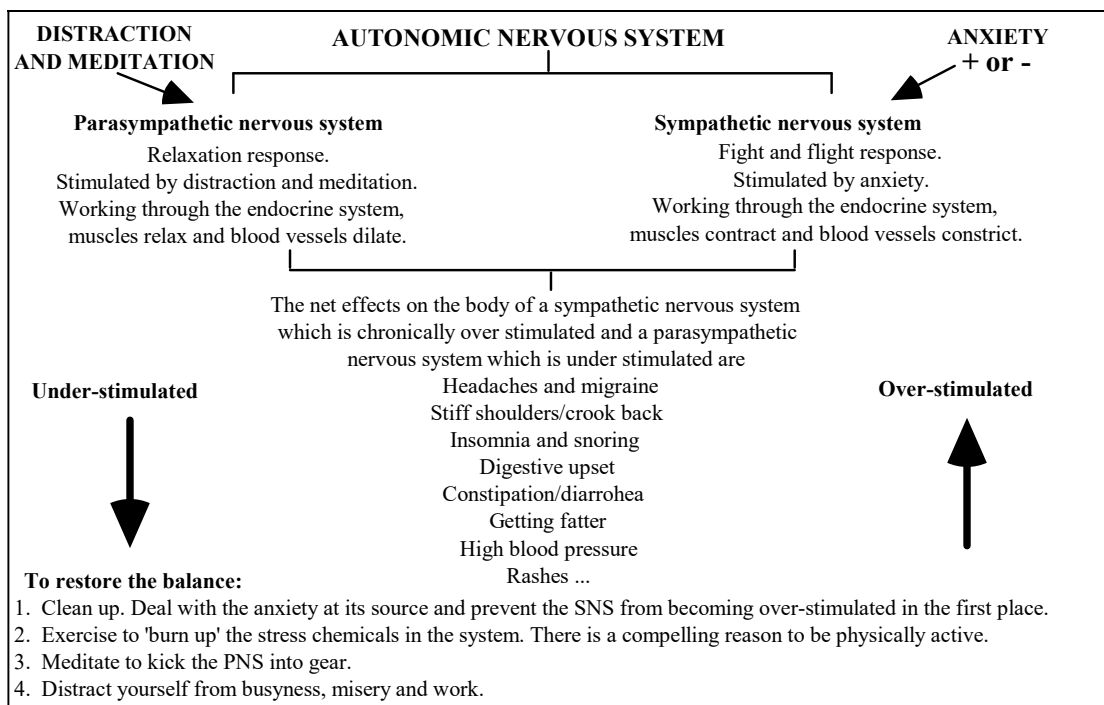
- the sympathetic nervous system and
- the parasympathetic nervous system

High on the list of body system dysfunctions that lead to high blood pressure is an **over-stimulated sympathetic nervous system** which causes blood vessels constrict and muscles contract to the very core of your body.



You can 'cool down' an over-stimulated sympathetic nervous system by washing out of your system the chemicals that fire you up - adrenalin and cortisol. You do that with vigorous physical activity.

High blood pressure can be lowered by **simulating the parasympathetic nervous system**. It is associated with meditation and relaxing exercise like yoga and tai chi.



If the sympathetic nervous system is over-stimulated and the parasympathetic nervous system is under-stimulated you can expect a wide range of stress symptoms to start appearing in your body, as per the diagram on the previous page. High blood pressure is just one of them.

Sympathetic nervous system

The sympathetic nervous system is designed to help you cope with anxiety, and when stimulated is associated with the fight and flight reflex.

For example, if a tiger were to suddenly come in through your door you'd want to get stimulated very quickly, to prepare yourself for fight or flight. The brain would register the emergency and signal the adrenal glands to squirt adrenalin into the system. The effect of the adrenalin would be to stimulate respiration. Muscles would contract and blood vessels constrict.

Blood would flow from your head and your gut out to the skeletal muscles preparing them for fight or flight. The contracting of the muscles and constricting of blood vessels sends blood pressure up.

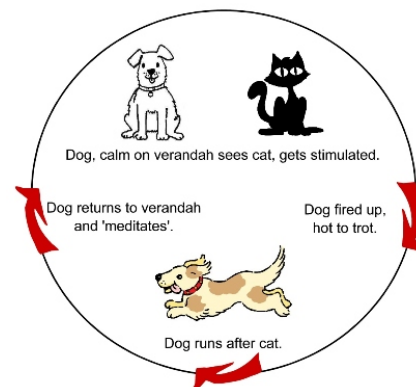
Under normal conditions, once the emergency has died down, internal body functions should return to normal.

Whilst in animals, the fight and flight response time is usually quite short, humans can maintain the fight and flight response for days, weeks, months, years and decades - with disastrous results for their health.

Here's how the system works for dogs. A dog sees a cat, becomes stimulated, runs after cat and then has a lie down.

The running helps wash out of the dog's system the chemicals that prepare the body for fight and flight. The lie down after it's all over stimulates parasympathetic nervous system so the original balance within the autonomic nervous system is restored.

In the main, people with high blood pressure have an over-stimulated sympathetic nervous system.



Not that many years ago the only medical remedy for extremely high blood pressure was to cut the vagus nerve. Now the medical remedy is a tablet.

Parasympathetic nervous system

The parasympathetic nervous system is designed to relax the body.

In the main, people with high blood pressure have an under stimulated parasympathetic nervous system. It becomes stimulated when we relax, for instance when we meditate, take a holiday, do tai chi or yoga or take a walk at lunch time. Under these conditions, muscles relax and blood vessels dilate. Blood pressure comes down.

When the dog has a lie down he stimulates the parasympathetic nervous system. For us human beings there is a compelling reason to have a siesta, just to stimulate parasympathetic nervous system during the day.

To feel what the effect of stimulating the parasympathetic nervous system has on your body, try this exercise.

Take your blood pressure. Then sit in a chair for ten minutes with your eyes closed, breathing slowly, deeply and rhythmically, using stomach breathing and consciously relaxing the major muscles of your body.

At the end of ten minutes take your blood pressure again. It is highly likely that it will have dropped.

High Blood Pressure and the Autonomic Nervous System

The problem for humans is fourfold.

1. We can create the fight and flight response just by thinking about something. We don't have to see the cat to get stimulated.
2. It is not tigers coming through the door that tend to over-stimulate our sympathetic nervous system, it's the tension we generate from within ourselves, every minute, every hour, every day, every week, every month and every year. We're wound up for too much of the time.
3. We don't stimulate those mechanisms which are designed to cool down an over-stimulated sympathetic nervous system. Vigorous exercise is far and away the most effective remedy. (To do this you're going to have to get over more than 200 Fitbit zone points a week.)
4. We don't stimulate the mechanism designed to stimulate the parasympathetic nervous system. Meditation is one of the most effective mechanisms for helping to restore the balance. In humans we get anxious and upset about something and then sit down and stew on it. The fight and flight chemicals remain within the system. We continue to be upset and uptight. Muscles stay contracted. Blood vessels stay constricted. Blood pressure remains elevated.

In the end we're in a constant state of stress.

In Western societies the cost of metabolic dysfunction generated by low level of physical activity is around \$5,000US per person, per year, per man, woman and child. (I'd say that was an understatement.)

8. Other Causes of High Blood Pressure

Other systems likely to be involved are the organs associated with elimination generally, the bowel, liver, kidneys, blood, heart, lungs, lymph and skin.

Having a high blood insulin level

High on the list of causes is an elevated level of insulin in your body. Stop eating the garbohydrates (flour and sugar - on their own, mixed or combined with starch and fat), eat more fresh vegetables and fruit and you may find your blood pressure comes down.

Being Over Fat

As a general rule (but certainly not in all cases), the fatter you get the higher your blood pressure, as the heart has to work harder getting blood through the new capillaries feeding the fat cells.

Being over fat is a symptom of unhealthy living, of poor adaptation to an environment where the garbohydrates are cheap and readily available, of an elimination system that can't get rid of the extra fuel being taken on board, every meal, every day, every week. The fuel is stored in the liver, as visceral fat around internal organs and on the 'outside' of the body as flab!

Actually, when you think about it, it's a marvelously engineered system. You can carry a store of food around your body and take it with you everywhere you go, just in case you need it. There's no need to worry about packaging, storing, transporting or the food going off. It's brilliant; just don't carry too much of it.

Unlike cars where once the petrol tank's full, it's full, humans have an ability to keep taking on fuel they don't have an immediate need for. In effect they can increase the size of the 'fuel tank' at any time.

If you're getting fatter, not only do you have an eating disorder and an exercise disorder but you probably have an elimination problem. In which case your bowel, liver, kidneys, heart, lungs, lymphatic system and skin are not functioning normally. It just puts a lot of stress on your body, one of the symptoms of which is high blood pressure.

The great tragedy of modern medicine is that the chain of events leading to metabolic dysfunction is an insidious one, it creeps up on you without being recognized until you come across the straw that breaks the camel's back.

When that happens, the symptoms of the dysfunction will be treated with a patch up job, like a tablet, crème or suppository. The 'motor' continues to function, but poorly.

Sometimes the damage done is irreparable. It can't be fixed up by diet, exercise or meditation. A lot of the time the damage can indeed be reversed.

Being Under Fit

Along with sugar and refined carbohydrates the lack of a regular, vigorous physical activity program is high on the list as a cause of high blood pressure. Why? Because vigorous activity stimulates the various elimination mechanisms which

- rid the body of the waste products of metabolism.
- rid the body of the toxicity that comes into the body from a very toxic environment - nicotine, Panadeine, caffeine, alcohol, preservatives, flavourings, colourings, herbicides, pesticides, petrol fumes ...
- cools down an over-stimulated sympathetic nervous system.

The metabolic defrag

There are a host of compelling reasons why adopting a regular, vigorous and systematic exercise program is one of the best ways of improving your health - and lowering your blood pressure.

Using a computer analogy, one of the effects of regular vigorous aerobic exercise is to give the body a 'metabolic defrag'. Prior to a computer defrag, an analysis of fragmented files looks something like this:



After the defrag, it looks like this:



If there was a similar process to 'defrag' your own body, how much better would you feel?

Well, there is. It's called vigorous aerobic exercise and if it comes in the right dosage, you'll feel better.

In fact, if you maintain your exercise regime over the years, age 70 will be the new 50.

Thyroid Dysfunction

Elevated blood pressure may relate to low thyroid function. Fats in cells throughout the body, including those lining blood vessels are not 'burned' at the normal rate and accumulate along with other waste products of metabolism. The cells lining blood vessels become swollen and less elastic. Blood pressure goes up.

Depressed thyroid function is exacerbated by the 'garbohydrates', poor quality and unnatural fats, and lack of exercise.

What are you going to do?

Obviously if your blood pressure has gone into the danger zone and is threatening to blow the roof off the top of your head, you're going to have to take the tablet. It would be unwise and unsafe not to do so. That's one of the blessings of modern medicine.

But taking a tablet doesn't fix high blood pressure, it merely masks the symptoms of the continuing dysfunction of one or more of the body systems designed to deliver nutrition and oxygen to every cell in your body and remove the waste products of metabolism away from them. Taking the pill is deceptive. Blood pressure is lowered but the causes of high blood pressure remains. That surely is an example of medical and personal deception at its worst.

The prolonged ingestion of blood pressure tablets in the belief that they are treating the cause of high blood pressure is one of the great hoaxes of modern medicine. People who provide prescriptions for blood pressure tablets without prescribing and then giving oversight to a systematic lifestyle change which restores body systems to normal function, are compliant in the perpetuation of that hoax.

If this is what's happening to you, turn elsewhere for your advice: - to your fitness practitioner, tai chi and yoga instructor, naturopath, counselor, librarian, internet search engineer, travel agent ..., or a medical practitioner who has a genuine concern to see that the parts of your body which are dysfunctional become healthy again.

So, effecting a cure amounts to getting the key body systems back in good working order. Once you've done that, blood pressure should return to normal.

Let's restate that. Blood pressure returning to normal means that the function of key systems and organs of your body is returning to normal. Taking a tablet does not return those systems to normal function.

The lowering of blood pressure by medication and nothing else is supporting continued dysfunction of one or more body systems.

You are not getting better. At best you're being lulled into a false sense of security that you've solved your problem. At worst, you're the victim of a monstrous hoax. Your health is continuing to deteriorate. You're wasting your money, and, if your medication is subsidized, that of your fellow taxpayers. Time is running out quicker than you think!

But by far and away the most appropriate long term treatment involves lifestyle change.

Don't just ask what your doctor can do for you, ask what you can do for yourself. Then do it!
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9. How to Lower your Blood Pressure Naturally

High blood pressure has many causes, all related to poor body system function. Trace them. Then adopt the lifestyle and do the things that restore to normal function the systems and organs which have become dysfunctional.

The best way to treat the causes of high blood pressure is to mount a global attack and do the things which encourage all the major body systems back into good function, all at the same time.

1. Reduce stress in your life

Accompanying this book is the **How to Reduce Stress** ebook.

If you're going to lower your blood pressure you've got to take a serious look at reducing pressure generally in your life. Elsewhere it's called 'stress' so in this book you'll find a concise outline of what stress is, and how to reduce it.

Stress is the distance between what you're getting and what you want. When you know what you want and you're getting it you feel good. When you know what you want and you're not getting it you feel dreadful.

If you do what unstressed people do there's a good chance you'll dramatically lower your stress level.



2. Develop a high density exercise routine

As part of the Lower your Blood Pressure Naturally program you'll have received a copy of the **Complete Fitness Workout**.

Exercise with vigor, continuously each day. 20 minutes is good, 30 minutes is better, 40 minutes is best. Start by walking briskly, then turn the walk into a shuffle, then the shuffle into a jog. Do intervals, walk, jog, walk jog ...

Take up swimming (with flippers), get on the treadmill, stepper or climber, the exercise bike or the rower, working to the point when you start to expire.

Your pulse rate should be over 70% of your age-related maximum. **Read the Fitbit pages** to find out how to measure and manage your progress.

Ambling around the block, or your office for ten minutes three times a day won't have much effect.

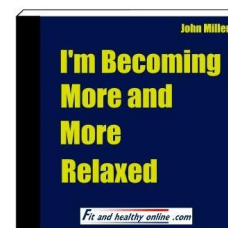


3. Learn how to relax by meditating

Meditation on a daily basis stimulates the parasympathetic nervous system. When you do this, muscles relax and blood vessels dilate to the very core of your body. Blood pressure comes down.

I can teach you how to do it. In fact I've got just the program for you, in the form of the **I'm becoming More and More Relaxed** MP3 audio file.

All you need to do is settle into a comfortable chair, switch on the audio file and start breathing slowly, deeply and rhythmically.



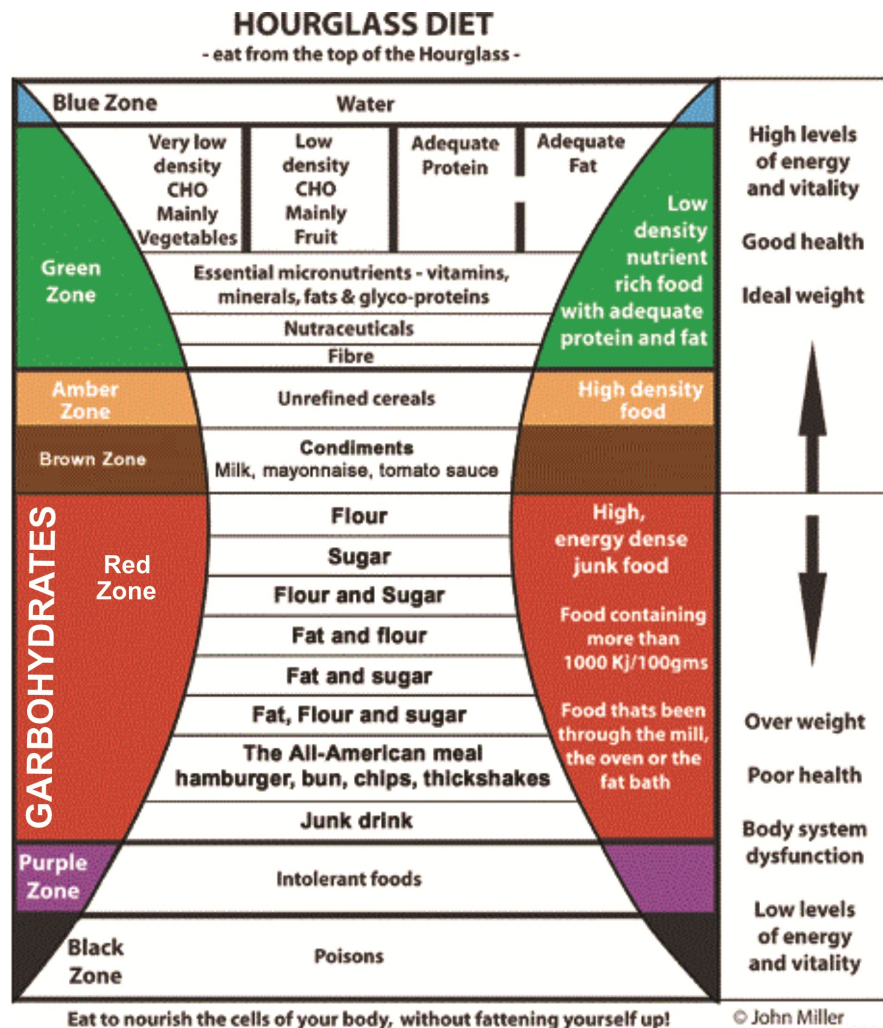
5. Adopt the Hourglass Diet

You'll have received a copy of the **Hourglass Diet** where you can find out how to eat in a way that supports good health and ideal weight. Keep focused on the foods at the top of the hourglass. If you eat from the top of the hourglass you'll become thinner.

Jean Nidech, the founder of Weight Watchers said, 'Most people who are overweight don't eat enough; of the right food at the right time.'



Eat a decent diet comprised of low density carbohydrates, i.e. raw vegetables and fruit, (particularly those you don't have to cook to eat) and lean protein, especially fish. If you eat this way the fat will look after itself. You'll probably need to have a [high fibre supplement](#) to keep things moving on the inside.



Stop eating the wrong food and the wrong time.

Take your focus away from the foods at the bottom of the Hourglass, like the high density carbohydrates — especially white flour-based products (bread, pasta and breakfast biscuits) white rice, potato ... The great tendency is to eat too much of these starches. Once they enter the body they are quickly converted into sugar. If you don't match your energy expenditure with you energy intake you become fatter.

Stop eating so much sugar. In the amounts we take into our bodies sugar is poisonous. It's insidious, ubiquitous; just look at the labels of confectionery, biscuits, cake, soft drink ...

Stop eating the garbohydrates, processed food made with flour and sugar, mixed and/or in combination with fat. If you want full blown metabolic dysfunction fill yourself up on the 'garbohydrates'.

Eat the right amount of food. Portion control is an important key to maintaining an ideal weight. For instance half a dozen slices of bread each day, topped with butter, peanut butter and honey can add an extra 1000 calories to your food intake.

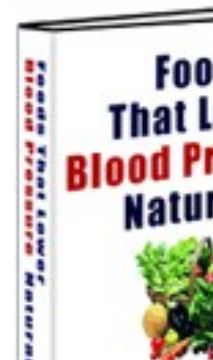
For every kilogram of fat you lose, you can expect your blood pressure to drop 1mm Hg.

6. **Eat Foods that Lower blood Pressure Naturally**

After searching the literature for treatments designed to lower blood pressure naturally, I've come to the opinion that it's highly likely that high blood pressure is a symptom of dietary insufficiency, in particular lack of certain minerals and antioxidant vitamins. For many people, the evidence points to that fact that tackling this insufficiency would lead to significantly lower blood pressure.

Based on this assumption it's disingenuous for the medical industry to tell people to eat less salt, without telling them to eat more magnesium, potassium and calcium and more of the anti-oxidant vitamins.

This program includes the **Foods that Lower your Blood Pressure Naturally** ebook.



7. **Get a good night's sleep**

A good night's sleep involves getting enough sleep, sleeping soundly and waking up refreshed. I've got just the program for you, a book and an MP3 audio file to teach yourself how to go to sleep.

8. **Stop drinking caffeine**

Caffeine constricts blood vessels and may boost blood pressure between 10 and 20 points.

9. **Stop smoking**

Smoking contracts blood vessels, causing blood pressure to go up.

10. **Stimulate healthy liver function**

Eat foods which stimulate the liver back into normal function, particularly beetroot, celery, carrot and parsley.

Here is my recipe for the thick shake from heaven:

- place into your blender a selection of fresh fruit and vegetables - carrot, parsley, celery, cucumber, broccoli, pear, apple, orange ...



- add some [Fit and Healthy High Fibre Supplement](#) (psyllium husk, raw oat bran, lecithin and flaxseed) to get yourself moving quicker on the inside and help lower your cholesterol level
- add a couple of heaped table spoons of whey protein
- add water

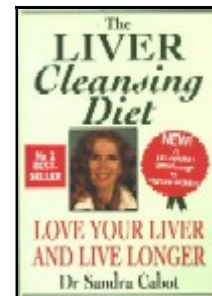
If you use these as meals (and I can guarantee that each one is a decent meal when you take into account the amount of fruit and vegetable), you'll soon find yourself losing weight. Your cholesterol level will decline and here's a fair chance your blood pressure will be lowered.

LIVER CLEANSING DIET

Sandra Cabot

This book has helped a lot of people back into better health. It starts off with Dr Cabot serving up a back-hander to her medical industry colleagues: '... with modern medicine we have become side-tracked into treating the symptoms of disease and not the causes.'

This book is based on her clinical observation of 30,000 customers. The key observation - 'to restore good health one must ALWAYS consider the state of the liver.' Whilst that's not a particularly new revelation, (the Chinese probably new that 3000 years ago), it's something most people and their doctors overlook. You'd think by now that kids wouldn't be let loose out of school without knowing some of this basic body system health stuff!



There's a list of common conditions as long as your arm that are cleared up by a liver cleansing diet - high blood pressure, headaches, gall bladder dysfunction, fatigue (ordinary and chronic), crook guts, and anything affecting the immune system.

Spare a thought for all the women who are having their bodies mutilated and their gall bladders ripped out of their abdominal cavity when, by adhering to a liver cleansing diet, maybe they could fix it up themselves - for free! And isn't it sad that having the gall bladder ripped out doesn't fix the condition that caused it to become inflamed in the first place. (If you've got a dysfunctional gall bladder, go on the internet and find out how to do a gall bladder cleanse. Your naturopath may be able to advise you.)

The Liver Cleansing Diet contains old fashioned, common sense; eat the foods that don't put pressure on your liver and your health will improve dramatically. The basis of the diet, lots of vegetables and fruit, lots of juice and some of the legendary nutraceuticals and herbals.

There are a few Sandra Cabot books around - all of them worth getting. Just click on any of the appropriate flag and you'll be taken through to shopping cart.

11. Eat less salt

We live in a culture that's obsessed with putting sodium chloride into food. You don't need to add it to your food. There is a good chance it's already added to all the pre-cooked, packaged, tinned and bottled food before it gets to you.

12. Eat more potassium, calcium and magnesium

13. Eat more garlic

Research shows that eating garlic may be as effective as one of the pharmaceuticals.

14. Eat more celery

Make yourself a morning vegetable and fruit blended thick shake that includes plenty of celery.

15. Increase your intake of antioxidants

You'll find out more about this in the **Foods that Lower blood Pressure Naturally** ebook.

16. Have a day off each week

Have one day of complete relaxation each week. Moses thought it was such a good idea he made it one of his commandments.

17. Take a holiday that involves at least 21 days away from home

Paul Pearsall in his book 'Superimmunity' said you need to take at least one 21-day-away-from-home holiday every year. Taking a couple of days off here and there isn't sufficient to get you to wind down the fight and flight side of your autonomic nervous system, or rev up the relaxation side.

Use up all your accrued annual leave and long service leave and dedicate the time to getting fit. Why would you save up all your accrued leave until you retired?

Leonardo da Vinci said,

'Every now and then go away, have a little relaxation, for when you come back to your work your judgment will be surer. Go some distance away because then the work appears smaller and more of it can be taken in at a glance and a lack of harmony and proportion is more readily seen.'

18. Take a walk at lunch time

Get away from your desk and get some fresh air.

19. Refocus

Undertake a course of personal development and counseling to get your mind back focused on your Self and your health.

On the next few pages you'll be able to make an assessment of your health, fitness and wellbeing.

10...

Profiles of Health

Man is at his best when he has a strong sense of purpose. When conscious
purpose fails, everything else slowly breaks down
Colin Wilson

HEALTH CLIMATE SURVEY

The mind is just one of many body systems in a complex ecosystem. The mind and the rest of the body systems are intimately connected. For instance, when we get mentally stressed, the stress registered in the mind is relayed to the body via the autonomic nervous system. Conversely when one of the other body systems becomes stressed, the stress is relayed to the mind. You may not realize how stressed you are until you complete this questionnaire but your body does. The body is incapable of dishonesty!

Circle the number appropriate to the degree to which you experience the symptoms on the left hand side of the page. The greater the symptom, the higher the score. Total the score at the bottom of the page.

	None			Not much			A fair bit			A lot		
1. Headaches (including migraines)	0	1	2	3	4	5	6	7	8	9	10	
2. Lack of energy and vitality	0	1	2	3	4	5	6	7	8	9	10	
3. Candida - jock itch, thrush, tinea, furry tongue	0	1	2	3	4	5	6	7	8	9	10	
4. Poor sleep. (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10	
5. Snoring and/or sleep apnoea (Use gas mask, score 10)	0	1	2	3	4	5	6	7	8	9	10	
6. Crook back, sore shoulders, stiff neck, RSI	0	1	2	3	4	5	6	7	8	9	10	
7. Frequent colds, flu and sinus	0	1	2	3	4	5	6	7	8	9	10	
8. Unsettled stomach, reflux. (If on medication score 10)	0	1	2	3	4	5	6	7	8	9	10	
9. Overweight - 1 point for every 2Kg overweight	0	1	2	3	4	5	6	7	8	9	10	
10. Irritable bowel, constipation, diarrhoea, piles ...	0	1	2	3	4	5	6	7	8	9	10	
11. Shortness of breath from asthma	0	1	2	3	4	5	6	7	8	9	10	
12. Low level of fitness*	0	1	2	3	4	5	6	7	8	9	10	
13. Chest pain, palpitations	0	1	2	3	4	5	6	7	8	9	10	
14. Rashes, zits, skin outbreaks, psoriasis, itchy skin	0	1	2	3	4	5	6	7	8	9	10	
15. Mouth ulcers, cold sores ...	0	1	2	3	4	5	6	7	8	9	10	
16. Elevated blood pressure (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10	
17. Elevated blood cholesterol (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10	
18. Elevated blood glucose (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10	
19. Shakes, nervous tics and mannerisms	0	1	2	3	4	5	6	7	8	9	10	
20. Grinding teeth	0	1	2	3	4	5	6	7	8	9	10	
21. Drinking too much alcohol (2 points per drink/day)	0	1	2	3	4	5	6	7	8	9	10	
22. Smoking too many cigarettes (1 point per cigarette per day)	0	1	2	3	4	5	6	7	8	9	10	
23. Drinking too much caffeine (1 point per cup per day)	0	1	2	3	4	5	6	7	8	9	10	
24. Anxious about life, insecure, apprehensive	0	1	2	3	4	5	6	7	8	9	10	
25. Are you depressed? (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10	
26. Are you in the wrong job?	0	1	2	3	4	5	6	7	8	9	10	
27. Do you feel under-appreciated at work?	0	1	2	3	4	5	6	7	8	9	10	
28. Do you have a poor work/life balance?	0	1	2	3	4	5	6	7	8	9	10	
29. Are you unhappy with your family life?	0	1	2	3	4	5	6	7	8	9	10	
30. Are you unhappy with your financial status?	0	1	2	3	4	5	6	7	8	9	10	

The score of a normal, fit and healthy human being is less than

TOTAL

To see what your score means, go to the next page, but not before you've completed the survey.

What does your score mean?

The score of a normal fit and healthy human being is less than 20.

If you got less than 20 you're in very good nick.

If you got less than 40 that's not bad, but the signs are there that certain parts of your body are not working as well as you'd like. You're starting to exhibit the signs and symptoms of general metabolic dysfunction.

Over 40 the amber light is flashing.

You're probably not as fit as you could be. You need a fitness program. You may be a little over weight, in which case you need a fitness program and the Hourglass Diet.

There's a chance there's evidence of musculo-skeletal dysfunction, in which case you're not strong or flexible enough to keep your body in alignment.

You probably need a holiday or some good distractors that distract you from feeling tired and miserable.

Over 80 and you're getting right into the red zone. It's time to take stock.

You certainly don't want things to get worse, which they will if you don't do something now. You could be in the wrong job or the wrong relationship. There's probably something going on in the top paddock that's not right and it's affecting the rest of your body.

If you don't do something now there's a good chance that pretty soon you could end up on the medical hurdy-gurdy.

Over 100 and there are high scores throughout the profile. It's definitely time for a lifestyle make-over. Over 120 and it's likely that the noise inside your head is deafening! It's not uncommon to see scored over 140.

Certainly though at any score you're redeemable. A lot of people brought themselves back from the brink by becoming fitter, getting themselves in the job and personal relationship they'd really like to be in.

Questions 1 - 20 deal with body system dysfunctions that are closely related to a lack of physical activity, a poor diet and an autonomic nervous system that's out of balance. You can correct them by

1. Implementing a regular and systematic physical exercise program involving
 - aerobic exercise
 - strength training
 - flexibility exercises.
2. Eating from the top of the Hourglass
 - with the vegetables, fruit and adequate protein and fat as the basis of your diet
 - steering clear of wheat and milk
 - eliminating white flour and sugar from your diet
 - eliminating alcohol, tobacco and aspartame
 - supplementing your diet with vitamins, minerals, essential fats, glycoproteins and 'octane boosting' nutraceuticals
3. Meditating.

Questions 21-23 have a relationship with stress. As we become more stressed we tend to take more of the culturally acceptable chemicals.

Questions 24 - 30 are questions related to stress in your life, whether you're in the right job, whether you have the resilience to cope with your internal and external environment, whether you're doing the things unstressed people do to manage their stress.

If you're struggling with some of these issues, go and see a counsellor or a life coach. They'll give you a few signposts, act as a sounding board, help you set and then monitor progress towards your goals.

UNIVERSAL FITNESS TEST – scores for ‘regular folks’

1. **Body composition:** how close are you to your ideal weight?

Current weight Ideal weight Percent body fat

Kg over ideal wt	>25	<25	<20	<15	<10	<7	<4	<2
% fat men	>35	<35	<30	<28	<26	<24	<22	<20
% fat women	>42	<42	<40	<38	<36	<34	<32	<30
	3	4	5	6	7	8	9	10

2. **Lower body strength** – squats – until exhaustion #.....

Squat down until your bottom is level with the crease at the back of your knees.

>6	6	8	10	12	14	16	18	20	22	24
0	1	2	3	4	5	6	7	8	9	10

3. **Front of body strength** – situps feet held - until exhaustion #.....

>6	6	8	10	12	14	16	18	20	22	24
0	1	2	3	4	5	6	7	8	9	10

4. **Upper body strength** – press-ups – until exhaustion #.....

Men on toes, women on front of thighs.

>6	6	8	10	12	14	16	18	20	22	24
0	1	2	3	4	5	6	7	8	9	10

5. **Hamstring flexibility** – sit and reach. How far down toward or past your toes you can reach with your fingers?

Can't touch	Fingers			Palm			Wrist
0	4	5	6	7	8	9	10

- 6a. **Right buttock flexibility** – sit up straight, legs crossed, hands clasped behind back.

Left leg under	Big fail	Nope	Almost	Just	Good	Perfect
0	0	0	1	3	4	5

- 6b. **Left buttock flexibility** – sit up straight, legs crossed, hands clasped behind back

Right leg under	Big fail	Nope	Almost	Just	Good	Perfect
0	0	0	1	3	4	5

Ttl

7. **Shoulder function** - stand with back against the wall, arms vertically in the ‘surrender’ position. Measure distance between the arms and wall.

>15	15	13	11	9	7	5	3	2	1	Flat
0	1	2	3	4	5	6	7	8	9	10

8. **Aerobic fitness** – 5 minute, 20m lap run. Laps

Men	<22	22	24	26	28	30	32	34	36	38	40
Women	<20	20	22	24	26	28	30	32	34	36	38
Points	0	1	2	3	4	5	6	7	8	9	10

X 3

If you want to be fit and healthy, exercise like fit and healthy people exercise!

TOTAL

DIET PROFILE

1. **Fatness.** How close are you to being your **ideal weight**? Scores based on number of kilos of body fat over what you consider to be your ideal weight.

Current weight Ideal weight Percent body fat

>20	<20	<18	<16	<14	<12	<10	<8	<6	<4	<2
0	1	2	3	4	5	6	7	8	9	10

2. Do you eat a **decent breakfast** or is it just flour and sugar? Don't score more than 6 if it's just flour and sugar.

No											Yes
0	1	2	3	4	5	6	7	8	9	10	

3. For your weight do you eat a **high fat** diet; fat on its own, fat in combination with **flour** (pizza, dry biscuits ...), **sugar** (chocolate, ice-cream, fudge...), potato (chips) or **Flour and sugar** (sweet biscuits, cake, pastries ...)?

Yes											No
0	1	2	3	4	5	6	7	8	9	10	

4. For your weight, do you eat a **high flour and sugar diet**; flour on its own, (bread, pasta, rice, breakfast cereal) or sugar (lollies, chocolate, cool drinks, sweet biscuits, cake, pastries ...)?

Yes											No
0	1	2	3	4	5	6	7	8	9	10	

5. Do you eat predominantly from the top of the **Hourglass**: - plenty of Raw vegetables and fruit mixed with adequate protein and fat?

No											Yes
0	1	2	3	4	5	6	7	8	9	10	

6. How many glasses of plain, unadulterated **water** do you drink each day?

	1	2		3		4		5		>6
0	1	2	3	4	5	6	7	8	9	10

7. When you look at your health, do you believe you're getting enough of the **essential vitamins, minerals, fatty acids and glycoproteins**?

No											Yes
0	1	2	3	4	5	6	7	8	9	10	

8. Do you **eat too much**?

Yes											No
0	1	2	3	4	5	6	7	8	9	10	

9. Are you ruled by your **addictions and cravings** to foods which are not good for you?

Yes											No
0	1	2	3	4	5	6	7	8	9	10	

10. Does the **back end** of your system work like a charm? - score low if you have an irritable bowel or diarrhoea, are constipated, and/or have piles.

No											Like a charm
						1		2		3	
0	1	2	3	4	5	6	7	8	9	10	

If you want to be fit and healthy, eat how fit and healthy people eat!

TOTAL

What your scores mean

Your diet is assessed as: -

- Excellent: if you scored over 90 ☐
- Very good: if you scored over 80 ☐
- Good: if you scored over 70 ☐
- Not bad: 60 - 70 ☐
- Not good: 50 - 60 ☐
- Poor: 40 - 50 ☐
- Dreadful: less than 40 ☐

Living in a junk food world

If you want to know why you're getting fatter and feeling worse, look no further than the garbohydrates.

The prime position on the junk food scale is held by the garbohydrates, the principle ingredients of which are flour, sugar and potato, on their own or mixed with fat.

If you lay off the garbohydrates there is a good chance you'll lose fat from your body. In fact, the basis of all successful diets is laying off the garbohydrates.

At a time when flour is increasingly being implicated as a cause of the epidemic of bowel dysfunction, obesity and other metabolic dysfunctions, the proponents of the Junk Pyramid continue to promote refined cereal-based starches as an essential part of a model diet. The Department of Health recommends you eat between 8 and 24 slices of bread a day. Hello!

The mantra to eat more bread and pasta is fueling the epidemic of obesity, Candida fungus and a range of body system dysfunctions, from headaches to lethargy, elevated blood pressure, irritable bowel, cardiac dysfunction and diabetes.

- **Flour**
Every time you see flour, think sugar. It's having the same effect, massive glucose dumps that upset your metabolic system. We don't eat much flour on its own; the bread and pasta illustrated would normally be accompanied with fat and sugar.
- **Sugar**
Pure, white and deadly. The love of sugar is the root of all kinds of body system dysfunction. In our culture you could classify it as a poison it's taken in such large amounts.
- **Flour and fat**
When you add fat in with the flour you've got a very high density product. A Jatz dry biscuit has 1960Kj/100 gms, and the Ritz dry biscuit 2,370Kj/100gms, and that's without the dip, cheese, salami and gherkin!
- **Flour and sugar**
When you mix flour and sugar you usually get a small biscuit, usually masquerading as a cereal. Be not deceived.

When it's all boiled down, if you're in poor metabolic health you're probably starving on a full stomach. If you've got the discipline, a raw food diet for a month should bring about a dramatic turnaround in your health.



METABOLIC HEALTH PROFILE

Poor metabolic health is a sign of risk of cardiac failure, stroke and diabetes. To complete this profile you'll need to measure your aerobic fitness and go to the pathologist.

1. **Fatness.** Are you about your **ideal weight**? Scores based on number of kilos of body fat over what you consider to be your ideal weight.

No						Yes				
>20	<20	<18	<16	<14	<12	<10	<8	<6	<4	<2
0	1	2	3	4	5	6	7	8	9	10

Current weight Ideal weight Percent body fat

A reasonable % body fat for men is less than 20 and for women less than 32.

2. **Aerobic fitness** 5 minute, 20m lap run. Laps

Poor						Good				
<22	22	24	26	28	30	32	34	36	38	>40
0	1	2	3	4	5	6	7	8	9	10

3. **Aerobic training sessions** per week - of at least 30 minutes with heart rate over 70% of your age related maximum heart rate. See the section on Fitbit.

<2	2		3		4		5
0	4	5	6	7	8	9	10

4. **Blood insulin level** - mmol/l Score 0 if on medication.

Poor						Good				
>10	<10	<9.0	<8.5	<8.0	<7.5	<7.0	<6.5	Less than 6		
0	1	2	3	4	5	6	7	10		

5. **High density lipoprotein (HDL)** - mmol/l Score 0 if on medication

Poor						Good				
>	<.8	<1.0	1.2	1.4	1.5	1.6	1.7	1.8	1.9	2
0	1	2	3	4	5	6	7	8	9	10

6. **Triglyceride** - mmol/l Score 0 if on medication

Poor						Good				
.1.8	1.8	1.6	1.4	1.2	1.0	.8	.7	.6	.5	.4
0	1	2	3	4	5	6	7	8	9	10

7. **Blood pressure - systolic**/ (The higher figure.)

Normal is 120 for men and 110 - for women. Score 0 if on medication.

Poor						Good				
>160	<160	<155	<150	<145	<140	<135	<130	<125		
0	3	4	5	6	7	8	9	10		

8. **Blood pressure - diastolic**/ (The lower figure.)

Normal is 80 for men and 70 - 80 for women. Score 0 if on medication

Poor						Good				
>110	<110	<105	<100	<97	<95	<90	<87	<85		
0	3	4	5	6	7	8	9	10		

9. Do you **smoke**?

If 'yes' score zero. If 'no', score 10.

NO

☐

YES

☐

10. What was your score on the **Health Climate Survey**?

High						Low				
>120	120	100	80	70	60	50	40	30	20	<20
0	1	2	3	4	5	6	7	8	9	10

A score below 70 is an indication of risk of cardiac malfunction.

TOTAL

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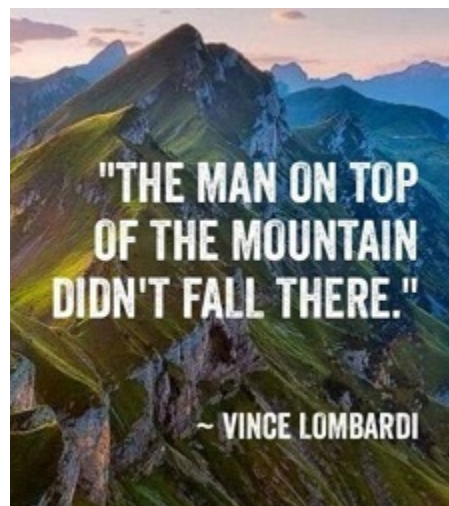
What the results mean

Any score below 7 can be regarded as a 'strike' against you.

Your metabolic health risk factor score can be improved dramatically with regular, vigorous physical activity, eating from the top of the Hourglass and meditation. If you are at high risk we suggest you pay a visit to your fitness practitioner, naturopath or physician. Of course an estimate of low risk may not mean you are immune from metabolic dysfunction!

Your metabolic health risk is assessed as

- | | |
|--------|---------------------|
| Low | • Over 70 |
| Medium | • Between 50 and 70 |
| High | • Less than 50 |



STRESS RISK PROFILE

This profile is based on the habits of unstressed people. If you want to eliminate stress from your life do the things unstressed people do.

1. Rate your ability to manage the stress of your life. The more stressed you are the lower the score.

Low							Medium					High
	0	1	2	3	4	5	6	7	8	9	10	

2. Do you get a good night's **sleep**? Do you get enough sleep, do you get to sleep quickly, do you sleep like a log and wake up refreshed in the morning?

No												Yes
	0	1	2	3	4	5	6	7	8	9	10	

3. What was the longest number of **consecutive days holiday** you had away from home the last 12 months?

			7			14					21	
	0	1	2	3	4	5	6	7	8	9	10	

4. Are you keeping yourself **fit and healthy** to the best of your ability?

No												Yes
	0	1	2	3	4	5	6	7	8	9	10	

5. Is there **balance** in your life? Do you have good **distractors** that switch you off from being busy and miserable and which give you great pleasure?

No												Yes
	0	1	2	3	4	5	6	7	8	9	10	

6. Do you **take time off** at lunch time to get away from your desk and get some fresh air? Score high if you exercise with vigor at lunch time.

No												Yes
	0	1	2	3	4	5	6	7	8	9	10	

7. What is the average number of **hours you work** each week - include work-work and domestic work, particularly if you have young children?

	65		60		55		50				<45	
	0	1	2	3	4	5	6	7	8	9	10	

8. Are you good at giving back to your **Self**? Do you spend time thinking about your **Self**? Do you give your **Self** the time and attention it is craving?

No												Yes
	0	1	2	3	4	5	6	7	8	9	10	

9. How many times a week do you **meditate**, for 10 minutes or more?

0		1		2		3		4		5		
	0	1	2	3	4	5	6	7	8	9	10	

10. Are you happy with your **family** (and romantic) **life**?

Not at all												Very
	0	1	2	3	4	5	6	7	8	9	10	

To better manage your stress, do the things that unstressed people do!

TOTAL

What your results mean

If you scored more than 70 there is a good chance that you're doing a good job at looking after your Self.

If you scored less than 70 take a good look at those items for which you scored less than 7 and resolve to improve the score over the next few months.

Just getting yourself fit might make a huge difference to the way you feel. Taking a holiday will probably do the same, but make it at least 21 days away from home.

The people who meditate and keep themselves fit usually score highest on this profile.

If you scored less than 40, give serious consideration to going and having a chat with a counsellor. Life is meant to be better.

A WONDERFUL IDEA

The doctor came down in his dressing gown as usual for breakfast but he hardly touched anything. I thought something was wrong, so I asked what was troubling him.

'Darling' he said, 'I have a wonderful idea' and after drinking his coffee, he went to the piano and started playing. Now and again he would stop, make a few notes and then repeat: 'I've got a wonderful idea, a marvelous idea.'

I said, 'Then for goodness sake tell me what it is, don't keep me in suspense.'

He said, 'It's difficult, I still have to work it out.'

Albert continued playing on the piano and making notes for about half an hour, then went upstairs to his study, telling me that he did not wish to be disturbed, and remained there for two weeks. Each day I would send him up his meals and in the evening he would walk for a little exercise, then return to his work again.

Eventually he came down from his study looking very pale. 'That's it' he said, wearily putting two sheets of paper on the table.

And that was his theory of relativity.

Elsa Einstein

As related to Charlie Chaplin and included in his autobiography.

CAREER SATISFACTION PROFILE

This profile is based on the habits of people who are in the right job and love their work.

1. How close are you to doing **the job you'd really love to be doing**? This is the job you'd love to do so much you'd do it for nothing, but which you did so well you'd be paid handsomely.

Miles away. I'm there

0	1	2	3	4	5	6	7	8	9	10
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2. **Are you in the right job for now?** Do you enjoy your work?

No Absolutely

0	1	2	3	4	5	6	7	8	9	10
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3. How stressful do you find your job. Is it giving you life or sucking life out of you?

Sucking Giving

0	1	2	3	4	5	6	7	8	9	10
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4. Are you focused on your **career options** or are you leaving them to chance?

Unfocussed Focused

0	1	2	3	4	5	6	7	8	9	10
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5. Do you get good feedback from your manager?

No Yes

0	1	2	3	4	5	6	7	8	9	10
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6. Do you receive an appropriate **financial reward** for the work you do?

No Yes

0	1	2	3	4	5	6	7	8	9	10
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7. Do you feel that you and your work are **valued** and **appreciated**?

No Yes

0	1	2	3	4	5	6	7	8	9	10
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8. Do you work for an organisation that **cares** about people, including yourself?

No Yes

0	1	2	3	4	5	6	7	8	9	10
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9. Do you **enjoy the company** of the people with whom you work?

No Yes

0	1	2	3	4	5	6	7	8	9	10
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10. What's the level of **morale** like in your work group?

Dreadful Fantastic

0	1	2	3	4	5	6	7	8	9	10
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If you want to enjoy your work, do what people who enjoy their work do.

TOTAL

What your results mean

If you scored more than 70 there is a good chance that you're in the right job for now. You're probably doing what you want to do and the level of support is at least satisfactory.

If you scored less than 70 there is the wisp of a suggestion that you're not in the right job.

If you scored less than 60 there is a stronger suggestion that you're not in the right job. (This is not always the case. There are some people who have good internal drivers who couldn't care less what other people thought of their work and who don't need constant pats on the head and bags of lollies. However, they're few and far between.)

If you scored less than 40 you're definitely not in the right job. It's probably sucking all vitality out of you.

If you're not in the right job, put your thinking cap on. Go to somewhere where you can do some IQ and personality tests. Go to your employee assistance program. Talk to your manager. Set yourself a deadline to move somewhere else where you can be richly fulfilled by your career.

If you can find a job that suits your personality and your intelligence strengths and/or something about which you're passionate, you will, as the Buddha said, not have to do another day's work in your life. Confucius is reported to have said the same thing.

Wouldn't it be good to do a job you loved doing so much you'd do it for nothing, but which you did so well you were paid handsomely?

**To change one's life:
Start immediately.
Do it flamboyantly.
No exceptions.**

William James

11. Conclusion

My mother used to say, 'If you look after the pennies the pounds will look after themselves.' If you look after your health, fitness and wellbeing your blood pressure will look after itself.

What you've received in the **How to Lower Your Blood Pressure Naturally** program is a package of ebooks and audio files that will help you to do just that.

In a nutshell, here are seven things you can do to get your blood pressure back down to normal.

- Exercise with vigor; improve your fitness
- Eat from the top of the Hourglass
- Manage the stress of your life
- Manage the stress of your career
- Meditate
- Get a good night's sleep.

And remember, as John Kennedy might have said, 'Don't ask what your doctor can do for you, ask what you can do for yourself!'

In the meantime stay tuned, highly tuned and continue to do the things fit and healthy people do to maintain a normal blood pressure.

It's a big ask expecting to stay healthy without keeping yourself fit. It's an even bigger ask expecting to get better by having someone do something to you: sooner or later you have to do something to yourself

