

## Drugless Therapy: Is It Possible?

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Well, now, here is some good news. I'm sure you have a friend, relative, or patient who is suffering from that silent killer -- high blood pressure. For three years I have been working with and studying under a brilliant chemist who has found the chemical imbalances in those with high and low blood pressure. The data he has gathered over the past 11 years "proves" the theory and indicates that the application of these biochemical measures will increase low blood pressure and reduce high blood pressure, sans drugs.

His thousands of patient-hours of data have shown him a number of things: 1) The direct relationship between vitamin C and calcium which regulates the viscosity of the blood, 2) Near the equator with "the year-round warm temperatures, lots of sunshine and vegetation, the plants have a higher concentration of vitamin C and acetic acid (vinegar)." These acidic elements cause the minerals (zinc, manganese, magnesium, phosphorus and iron) to become more soluble and usable." The blood, therefore, becomes more acidic and thicker. Blood pressure tends to be lower. 3) In the North, however, with less sunshine and less vegetation, the vitamin C and the acetic acid is less and the calcium increases. This makes the blood more alkaline and thinner. The blood pressure tends to be higher. 4) In the last 50 years the increase in the sodium in the American diet has caused an increase in height and an increase in the blood pressure. But many "members of the population have low blood pressure due to the consumption of vegetables (which break down to vinegar, acetic acid); this removes sodium from their systems." They tend to have lower blood pressure and smaller bones.

The medical profession has recommended a severe reduction of salt in the diet in hopes of reducing high blood pressure. If people with low blood pressure follow that general rule, they are more likely to develop disease. "Not everyone should restrict their salt intake."

Findings: "When salt is reduced or eliminated from the diet, an individual becomes more susceptible to infections and bone disorders.

"When milk is eliminated from the diet, the result is an abnormal chemical imbalance of calcium, phosphorus, and magnesium which affects the circulation.

"Long-term use of milk is shown by protruding veins and hypertension.

"Normal use of salt and milk with adequate vitamin C and vinegar results in general good health and circulation.

"It is almost impossible to eat enough of the right things to keep a proper chemical balance in the system, unless you know what you need. Society is creating more health problems faster than they can solve them. Proper eating of all types of food would do more to correct the problems....." than therapy with medication. Drugs can be killers.

His program teaches people to eat the appropriate foods and take the right supplements. The blood pressure will normalize if people will follow the rules of a nutritionally balanced program.

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