

Hypertension

Cardiovascular

CANONICAL SOURCE - VERBATIM

Most cases are due to an improper equilibrium of circulation - strain on the internal capillaries and emunctories. This leads to a plethoric condition in the veins and arteries which in turn effects the regulation of the circulation. Secondary etiology as lesions to spinal cord or nerve plexuses that control blood pressure or disturb hepatic circulation. Other causes are in the GI tract, Peyers Patches, or the circulatory system itself.

Emotional factors that may be responsible include repression of anger and resentment, which affects the spleen and leads to hypertension.

Therapy promotes the equalization of circulation and stability of nerve forces.

- Get out of bed as soon as you wake up, eat half of a lemon, take a long walk, eat the other half of the lemon with a pinch of salt, drink as much water as possible; then lie down until completely relaxed before breakfast.
- Enlightened Athletics dietary protocol, plus extra bulbous vegetables and vegetable protein
- Hydrotherapy colonic
- Osteopathic adjustments
- Massage with peanut oil subsequent to adjustment

CANONICAL COMPANION SET

Esoteric Anatomy for Healing and Revelation

Enlightened Athletics Dietary Protocol