



# The Blood Pressure Program



By: Christian Goodman

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## The Blood Pressure Program

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Welcome to the Blood Pressure program, and congratulations on your decision to save your life by using the simple exercises in this program to lower your blood pressure.

I'm not going to go deep into the philosophy of this program. You've probably read some of my articles on the subject on our site <http://BlueHeronHealthNews.com> . Anyway, the program works just as well without wasting time in long dialogues.

So, let me put my High Blood Pressure theory into one paragraph:

*The main underlying cause for high blood pressure is pretty much ALWAYS internal pressure. This pressure can be Emotional, Neural, Mental or whatever you want to call it. The solution is ALWAYS to give your body and mind a few minutes of "Focused Break". This "Focused Break" is enough to normalize the system and your blood pressure will become normal and stay normal.*

This program is about action. It works if you work it. It has helped thousands of people to lower their blood pressure naturally. Some of my clients have been on medication (that didn't even drop their blood pressure below 120/80) for years before they tried out my program. Others have just recently developed this dangerous condition. It works just as well either way.

Which brings me to a common question I often receive: "How should I approach getting off medications?"

My answer is: I'm not fond of medication. And I personally would never take blood pressure medication (I can't recommend anything for others). But once you're on them, you have to be careful how you get off medications. Consult your doctor about this. Work the program, experience your blood pressure go down, and then

have your doctor lower your medication doze little by little till you don't need them anymore.

### The Program Works Pretty Quickly!

Most of my clients – as long as they work all three exercises, every day – experience drastic results within a week. You'll probably experience the same.

But if your blood pressure is not down after a week, don't despair. Remember, the program works for almost everyone, the question is just how quickly. So give it a little more time and it will work for you too.

I've had a few clients who worked the program for weeks every day without any results. Then all of a sudden in two or three days, their blood pressure was down to normal and never went up again.

Different people experience the program in different ways.

### How to Work the Program

For best results, do all three exercises in the program every day.

If you don't have time for that, then that's not a problem. Second best option is to do exercise ONE every day and then exercise TWO and THREE every other day.

The third option is to do exercise one every other day and then take turn every other day to do exercise TWO and THREE (so one exercise a day).

But it all comes down to your personal preference and what you experience.

Some of my clients have experienced immediate results from exercise TWO. Their blood pressure dropped down like a free flowing lead. If you experience something like that with one of the exercise, then put most of your focus on that exercise (but don't forget the other two).

I highly recommend downloading the audios in the member's area or buying the physical CD (you can buy it for only \$2 extra following a link in the member's area) and doing the exercises following the audio directions. It's so much easier to keep focused and do the exercises right following the audios. Plus you don't have to learn anything, just listen.

That doesn't mean you can't do the exercises on your own (then I wouldn't be including them here in written format), it's only a recommendation for quickest results.

Everything should be straightforward and simple. Remember, the most important thing is to actually do the exercises. They work if you work them but are useless if not practiced.

So let's begin...

### Exercise 1 – Walking In A Rhythm

This is an amazing exercise that synchronizes your body and mind into a relaxed, happy stage. All you have to do is walk either on the spot or outside while following a simple procedure.

If you're not able to walk, you can also sit and tap your right and left hand on your right and left knee. Walking is better but this is an option.

#### ***Now, here is exactly how this exercise goes:***

Walk slowly (little bit slower than you usually would) on the spot or outside. While walking, swing your hands lightly back and forth.

When you step left foot forward, swing your left arm backward and your right hand lightly forward, and when you step your right foot forward, swing your right arm backward and your left arm lightly forward.

Remember, this exercise is meant to relax, so all movements should be light and easy. Nothing should stress you while you walk slowly and easily.

Now here comes the important part. Follow your walking in your head. Think or better say out loud: left when you step left foot forward and right when you step right foot forward. So your internal dialog will only be: LEFT, RIGHT, LEFT, RIGHT, LEFT, RIGHT, LEFT, and RIGHT - In rhythm with your walking.

You can easily do this exercise on your own. It's very simple. But there are many benefits of following the audio that comes with this program:

- You'll keep your focus better and your mind will not go wandering.
- You'll be sure you walk in a slow, relaxed rhythm – the same speed throughout the exercise.
- You won't have to think about when it's time to end. The audio will simply end.
- You'll have relaxed music and positive affirmations in the background.

So, I recommend following the audio but if it is not possible, you can do it on your own.

The positive affirmations on the audio (which you can hardly hear with your conscious mind but your unconscious mind will hear and accept) are simple and innocent:

“Relax your body. Relax your shoulders. Your mind is empty. You're joyful and happy. Your heart is light and happy. Relax your neck. Smile. Relax your stomach”.

## Exercise 2 – Emotions Release

This exercise is focused on releasing the major feelings we all have built up in our body but most of us block or suppress at one time or another. Suppressing feelings create tension in the body. This tension creates high blood pressure.

If you don't think this exercise applies to you, for whatever reason, bear with me anyway. Practice it like the other exercises in the program. At worst, you can do it just to prove me wrong.

You can practice this exercise pretty much anywhere. No special setup, relaxation or quietness is needed. Many people practice this exercise while heading back from work in the subway.

The obvious benefits of following this exercise on the audio rather than on your own are:

- You don't have to remember the whole exercise, only follow the directions

on the audio.

- If you don't have quietness around you, it's better to block the outside noise with the audio.
- You're lead through the exercise at the right speed to make sure you won't push things.

So again, if you can remember the basic idea of this exercise, it's no problem doing it on your own but again, I recommend following the audio.

***Follow the directions below.***

Inhale deeply all the way down to the belly and then up to the shoulders. Completely fill your lungs. Then exhale all the air till you can't get another drop out. Free yourself of all emotions. Be empty. Repeat this breathing three times.

- Now, I want you to experience an emotion. Feel a light surge of anger go around your body. Think or better yet say out loud - "I feel anger".
- Let the anger flow throughout your body without judgment. Pay no attention to what you may associate this feeling with.
- Now, take a deep breath and then exhale.
- Again, feel a light surge of anger go around your body. Think or better yet say out loud - "I feel anger".
- Now, take a deep breath and then exhale.
- For the third time: feel a light surge of anger go around your body. Think or better yet say out loud - "I feel anger".
- Take a deep breath and then exhale.

Now inhale deeply all the way down to the belly and then up to the shoulders. Completely fill your lungs. Then exhale all the air till you can't get another drop out. Free yourself of all emotions. Be empty. Repeat this breathing three times.

- Now, I want you to experience an emotion. Feel a light surge of fear go around your body. Think or better yet say out loud - "I feel fear".
- Let the fear flow throughout your body without judgment. Pay no attention to what you may associate this feeling with.
- Now, take a deep breath and then exhale.

- Again, feel a light surge of fear go around your body. Think or better yet say out loud - “I feel fear”.
- Now, take a deep breath and then exhale.
- For the third time: feel a light surge of fear go around your body. Think or better yet say out loud - “I feel fear”.
- Take a deep breath and then exhale.

Now inhale deeply all the way down to the belly and then up to the shoulders. Completely fill your lungs. Then exhale all the air till you can't get another drop out. Free yourself of all emotions. Be empty. Repeat this breathing three times.

- Now, I want you to experience an emotion. Feel a light surge of shame go around your body. Think or better yet say out loud - “I feel shame” .
- Let the shame flow throughout your body without judgment. Pay no attention to what you may associate this feeling with.
- Now, take a deep breath and then exhale.
- Again, feel a light surge of shame go around your body. Think or better yet say out loud - “I feel shame”.
- Now, take a deep breath and then exhale.
- For the third time: feel a light surge of shame go around your body. Think or better yet say out loud - “I feel shame”.
- Take a deep breath and then exhale.

Now inhale deeply all the way down to the belly and then up to the shoulders. Completely fill your lungs. Then exhale all the air till you can't get another drop out. Free yourself of all emotions. Be empty. Repeat this breathing three times.

- Now, I want you to experience an emotion. Feel a light surge of sadness go around your body. Think or better yet say out loud - “I feel sadness” .
- Let the sadness flow throughout your body without judgment. Pay no attention to what you may associate this feeling with.
- Now, take a deep breath and then exhale.
- Again, feel a light surge of sadness go around your body. Think or better yet say out loud - “I feel sadness”.

- Now, take a deep breath and then exhale.
- For the third time: feel a light surge of sadness go around your body. Think or better yet say out loud - "I feel sadness".
- Take a deep breath and then exhale.

Now inhale deeply all the way down to the belly and then up to the shoulders. Completely fill your lungs. Then exhale all the air till you can't get another drop out. Free yourself of all emotions. Be empty. Repeat this breathing three times.

- Now, I want you to experience an emotion. Feel a light surge of joy go around your body. Think or better yet say out loud - "I feel joy".
- Let the joy flow throughout your body without judgment. Pay no attention to what you may associate this feeling with.
- Now, take a deep breath and then exhale.
- Again feel a light surge of joy go around your body. Think or better yet say out loud - "I feel joy".
- Now, take a deep breath and then exhale.
- For the third time: feel a light surge of joy go around your body. Think or better yet say out loud - "I feel joy".
- Take a deep breath and then exhale.

Now inhale deeply all the way down to the belly and then up to the shoulders. Completely fill your lungs. Then exhale all the air till you can't get another drop out. Free yourself of all emotions. Be empty. Repeat this breathing three times.

- Now, I want you to experience an emotion. Feel a light surge of love go around your body. Think or better yet say out loud - "I feel love" .
- Let the love flow throughout your body without judgment. Pay no attention to what you may associate this feeling with.
- Now, take a deep breath and then exhale.
- Again feel a light surge of love go around your body. Think or better yet say out loud - "I feel love".
- Now, take a deep breath and then exhale.
- For the third time: feel a light surge of love go around your body. Think or

- better yet say out loud - "I feel love".
- Take a deep breath and then exhale.

Now inhale deeply all the way down to the belly and then up to the shoulders. Completely fill your lungs. Then exhale all the air till you can't get another drop out. Free yourself of all emotions. Be empty. Repeat this breathing three times. Good work. The exercise is over. You're probably very relaxed and happy. Take a few minutes to enjoy sitting around doing nothing and feeling happy.

### Exercise 3 – Relaxing Step By Step

This is a traditional relaxation exercise. Don't underestimate the power of this exercise, even if you've practiced something similar before. It's extremely powerful, especially when done in addition to the other two exercises in the program.

Again, you can do this exercise on your own although I recommend following the audios in this program because:

- You don't have to remember the whole exercise. Just follow the directions on the audio.
- If you don't have quietness around you, it's better to block the outside noise with the audio.
- You're lead through the exercise at the right speed to make sure you won't push things.
- Many people experience much better relaxation if they're lead through this exercise by external voice. You only have to follow, not act.

For best results, practice this exercise shortly before going to sleep. Your body and mind will be relaxed and you'll get the best sleep possible.

Loosen your clothes and remove your shoes. Lie down in a comfortable position on a bed or the floor with a pillow under your head. Have your feet around twelve to eighteen inches apart and your arms at your side.

- Go as limp as you can from head to foot.
- Let your shoulder blades go slightly flat.
- Wiggle your feet.
- Shake your hands gently by rolling the back of your hands against the floor or bed.
- Roll your head back and forward.

This will get you ready to relax.

- Inhale deeply all the way down to the belly and then up to the shoulders. Completely fill your lungs.
- Now exhale all the air till you can't get another drop out while letting go of all emotions.
- Be empty.
- Repeat this breathing three times.

**Now, let's begin the actual exercise:**

- Focus on the muscles in your left foot.
- Tighten these muscles as tight as you can and hold them till I tell you to let go.
- Now say let go to your left foot and let go of all the tension in the left foot.
- Focus on the relaxed feeling in the left foot as you inhale deeply and then completely exhale.

Now focus on the muscles in your right foot.

- Tighten these muscles as tight as you can and hold them till I tell you to let go.
- Now say let go to your right foot and let go of all the tension in the right foot.
- Focus on the relaxed feeling in the right foot as you inhale deeply and then completely exhale.

Now focus on the muscles in your buttocks and thighs.

- Tighten these muscles as tight as you can and hold them till I tell you to let go.
- Now say let go to your buttocks and thighs and let go of all the tension in the buttocks and thighs.
- Focus on the relaxed feeling in the buttocks and thighs as you inhale deeply and then completely exhale.

Now focus on the muscles in your genital area.

- Tighten these muscles as tight as you can and hold them till I tell you to let go.
- Now say let go to your genital area and let go of all the tension in the genital area.
- Focus on the relaxed feeling in the genital area as you inhale deeply and then completely exhale.

Now focus on the muscles in your stomach.

- Tighten these muscles as tight as you can and hold them till I tell you to let go.
- Now say let go to your stomach and let go of all the tension in the stomach.
- Focus on the relaxed feeling in the stomach as you inhale deeply and then completely exhale.

Now focus on the muscles in your lower back.

- Tighten these muscles as tight as you can and hold them till I tell you to let go.
- Now say let go to your lower back and let go of all the tension in the lower back.
- Focus on the relaxed feeling in the lower back as you inhale deeply and then completely exhale.

Now focus on the muscles in your shoulder blades.

- Tighten these muscles as tight as you can and hold them till I tell you to let go.
- Now say let go to your shoulder blades and let go of all the tension in the shoulder blades.
- Focus on the relaxed feeling in the shoulder blades as you inhale deeply and then completely exhale.

Now focus on the muscles in your neck.

- Tighten these muscles as tight as you can and hold them till I tell you to let go.
- Now say let go to your neck and let go of all the tension in the neck.
- Focus on the relaxed feeling in the neck as you inhale deeply and then completely exhale.

Now focus on the muscles in your shoulders.

- Tighten these muscles as tight as you can and hold them till I tell you to let go.
- Now say let go to your shoulders and let go of all the tension in the shoulders.
- Focus on the relaxed feeling in the shoulders as you inhale deeply and then completely exhale.

Now focus on the muscles in your left arm.

- Tighten these muscles as tight as you can and hold them till I tell you to let go.
- Now say let go to your left arm and let go of all the tension in the left arm.
- Focus on the relaxed feeling in the left arm as you inhale deeply and then completely exhale.

Now focus on the muscles in your right arm.

- Tighten these muscles as tight as you can and hold them till I tell you to let go.

- Now say let go to your right arm and let go of all the tension in the right arm.
- Focus on the relaxed feeling in the right arm as you inhale deeply and then completely exhale.

Now focus on the muscles in your throat.

- Tighten these muscles as tight as you can and hold them till I tell you to let go.
- Now say let go to your throat and let go of all the tension in the throat.
- Focus on the relaxed feeling in the throat as you inhale deeply and then completely exhale.

Now focus on the muscles in your tongue.

- Tighten these muscles as tight as you can and hold them till I tell you to let go.
- Now say let go to your tongue and let go of all the tension in the tongue.
- Focus on the relaxed feeling in the tongue as you inhale deeply and then completely exhale.

Now focus on the muscles in your jaw.

- Tighten these muscles as tight as you can and hold them till I tell you to let go.
- Now say let go to your jaw and let go of all the tension in the jaw.
- Focus on the relaxed feeling in the jaw as you inhale deeply and then completely exhale.

Now focus on the muscles in your face.

- Tighten these muscles as tight as you can and hold them till I tell you to let go.
- Now say let go to your face muscles and let go of all the tension in the face.
- Focus on the relaxed feeling in the face as you inhale deeply and then completely exhale.

Now focus on the muscles in your eyes.

- Tighten these muscles as tight as you can and hold them till I tell you to let go.
- Now say let go to your eye muscles and let go of all the tension in the eyes.
- Focus on the relaxed feeling in the eyes as you inhale deeply and then completely exhale.

Now you're done going over your whole body relaxing. Take a few more deep breaths and enjoy the relaxed feeling in your body and mind. Sweet dreams ;-)