

How Can We Help You?

Our program at Healthy Body Healthy Mind for blood pressure reduction is non-invasive and designed to be used in conjunction with your physician's treatment plan. We always work in conjunction with your doctor, treating you from all possible angles. Our program is six to seven sessions, which focus on relaxation, widening and adjusting of the arteries and blood volume, weight management, eating for health suggestions, exercise motivation, overcoming anxiety, and calming the disautonomic nervous system.

This is scientifically proven to train your mind to do what you want to do. Please call or e-mail us today for more information on how we can help you NOW!

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*Healthy
Body*

*Healthy
Mind*

Hypertension: A.K.A. High Blood Pressure

**THE TICKING TIME BOMB OF
HIGH BLOOD PRESSURE.
DECREASE YOUR PRESSURE AND
INCREASE YOUR LIFE SPAN
HYPNOSIS WORKS**

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Healthy Body Healthy Mind Hypertension (A.K.A. High Blood Pressure)



What is Hypertension?

Hypertension is chronically high blood pressure. Blood pressure is the measure of the force of the blood pushing against the walls of the arteries. They are the conveyor system or conduit by which the blood is distributed throughout the entire body.

When the heart contracts to pump out blood the pressure is at its highest. This is what we call the systolic pressure. After pumping, the heart relaxes and the pressure drops to its lowest point. This is what we call the diastolic pressure. Blood pressure is always expressed as systolic pressure over diastolic pressure. Normal adult blood pressure is 120/80 millimeters of mercury. Any pressure above 130/85 is considered high normal or borderline. Any pressure of 140/90 is considered high.

According to a study released in 1993, between 40% and 50% of patients with high blood pressure discontinue their medications within six months of starting therapy!

Blood pressure, which is consistently 140/90, is considered hypertension. People with diabetes or kidney disease are the exception to this rule; they are considered to have hypertension at 130/80.

Hypertension is associated with narrowing of arteries. This causes blood to be pumped with excessive force against the artery walls. This overworks the heart and the blood vessels. If left untreated it results in serious damage to the heart, brain, eyes or kidneys. Chronically high blood pressure leads to heart disease (heart attacks, congestive heart failure) and stroke. The higher the pressure, the greater the risk of developing one or more serious health conditions. Ideal blood pressure is considered to be 115/75. Fewer than 10% of American adults have ideal blood pressure.

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Our Director/Barbara DeVico:



Barbara DeVico holds a degree in Medical Social Work from California State University, Long Beach and has done graduate work in both Educational Psychology and Special Education. She is a certified Clinical Hypnotherapist, Neuro-Linguistic Programming Master Practitioner, and a Health and Wellness Coach. She is a member of the American Board of Hypnotherapy, the National Guild of Hypnotists, and the National League of Medical Hypnotherapists. Although hypnotherapy does not require licensing, Barbara holds several specialty certifications in hypnosis which include pain control, IBS, Fibromyalgia, hypertension, smoking cessation, and child hypnosis. She has also worked several years as a specialist in weight management and stress management.

Why Use Hypnosis?

Hypertension is a major health problem worldwide. In the United States more than 50 million people (one in four adults) have already been diagnosed with high blood pressure. According to the American Heart Association, 30% of Americans are unaware that they have high blood pressure and under 26% are already on medications but do not have their blood pressure under control. Side effects, complicated dosing schedules, expense, and apathy are the major reasons why most people quit taking their medications.



Hypnosis benefits the hypertensive patient in several ways:

1. Hypnosis helps to lower the blood pressure and keep it down whether the patient is taking hypertensive medications or not.
2. Blood pressure tends to be more stable and long lasting with hypnosis than medications.
3. It is non-invasive and, therefore, safer than medications.
4. Compared to a lifetime of expensive co-pays for medications, hypnosis represents an inexpensive way to control this life threatening condition.
5. The side effects of hypnosis are generally considered positive rather than negative.
6. It is easier to adhere to than complicated drug programs.
7. It can be used to promote compliance with physician's orders concerning lifestyle adjustments.
8. It leaves the patient with a greater sense of control.