

Hypertension and Hypnotherapy

Hypertension is a medical condition when your blood pressure is high. Physicians monitor your blood pressure because elevated levels could be signs of the onset of a heart attack, stroke or kidney failure. While medicine is often prescribed to help this condition, you can relieve hypertension with hypnosis.

Be open to the idea of hypnosis. Stress can cause hypertension, and hypnosis can relieve the stress. It is a proven technique that uses relaxation and suggestion. You can have amazing results when you work with your practitioner to overcome stress.

Find a therapist you trust. While hypnotherapy is recognized by the AMA, it does not require FDA licensing. You will need to research if it's a requirement in your state. If not, select a practitioner you trust.

Set up an appointment with a Hypnotherapist. Some practitioners offer services over the phone, if you prefer this method. Otherwise chose a therapist in your area that you can go to at least one time a week.

Schedule time to make this a priority; each appointment might take an hour. It could take several weeks to lower your blood pressure, so give the therapy time to work. Because hypertension is related to stress, your therapist will likely focus on relaxation and meditation techniques. These will help you calmly deal with the issues you face during your daily routine.

Hypertension can be alleviated in a number of ways. The first step is always to get medical and dietary advice and to review your intake of alcohol, nicotine etc, which, by this point, you have probably already done.

It is widely believed that anxiety and stress are major contributing factors with hypertension.

Even when the person is not exhibiting signs or having feelings of anxiety and stress, the ability to regularly relax deeply and easily, even for short amounts at a time, has been shown to have beneficial effects over time, though this approach involves much more than simple relaxation.

By using this approach together with hypnosis to specifically target the

physiological effects of hypertension, it is my aim is to help you to reduce your blood pressure to 'normal' levels as quickly as possible.

White Coat Hypertension

A very common version of hypertension is 'white coat hypertension', where the person's blood pressure is completely OK until they actually have their blood pressure taken by a doctor or nurse. Then, factors like fear of the blood pressure test, and fear that the blood pressure test will be high, actually bring the problem on.

Typically, a person with this problem will worry about it in advance.

Simply training the person to deal with their imagination (the worry) and control it (rather than it controlling them!) tends to sort the problem out.

Remember, too, there is no substitute for diet and exercise. To also lower your blood pressure, maintain a healthy weight and lifestyle and watch your salt intake.