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HIGH-BLOOD PRESSURE SPECIAL 03

High-blood pressure - and light-thermotherapy

Blood pressure is defined as the pressure, that the blood exerts on the vessels of our body. Task of the blood pressure is to enable the optimal circulation and through it supply of our body with oxygen and nutrients. The height of the blood pressure is determined by several factors. The heart, as the motor of our circulation, plays by it an outstanding role . With each heart push the heart-musculature concentrates and pumps blood into our arteries. One names the strength, that the heart by it must find, the *systolischen pressure*, therefore the pressure, with which the heart pumps blood into the arteries . The vessels themselves have a big influence on the blood pressure, because they can regulate their vessel-diameter and change the pressure, with which they change consequently the bloodstream. One calls this pressure *diastolischen pressure*. It reflects the pressure-proportion in the relaxation-phase of the heart. Also the blood-quantity plays a role at the height of the blood pressure. The bigger the blood-quantity is, the more strength /pressure must find the heart in order to pump the blood .

The blood pressure therefore consists of two parts , the higher systolischen and the lower diastolischen part. If by a patient the systolischer blood pressure is measured at 130 mmHg and the diastolischer value at 80 mmHg, so one notes accordingly 130/80 mmHg.

Cause of the high blood pressure: is mostly the *primary (essentia)l hypertension*, for whose realization a multiplicity of different causes is discussed (genetic factors and environment-influences, overweight, stress....) and, separately from it, the *secondary hypertension*, that is caused through organ-illnesses (for example kidney-illnesses) or hormonal illnesses (Hyperthyreose = hyperactivity of the thyroid gland).

Hypertension - continuous stress for heart and vessels

By arterial hypertension one understands the lasting increase of the blood pressure. The

systolische blood pressure lays by the healthy grown-up person between 120-150 mmHg and the diastolische blood pressure between 70-90 mmHg. By physical or psychic burden however higher values are normal. If in stillness-conditions the values by systolisches are measured over 160 mmHg, and by diastolische over 95 mmHg, one speaks accordingly about the symptom of the arterial hypertonia (criteria of the WHO - world-health-authority)

HOW DO I NOTICE A HYPERTENSION?

Since the hypertonia causes no pains and there are therefore no typical of symptoms, the hypertension is a malignant illness.

Approximately 20% the populations suffer from hypertonia, however only one part of the patients knows about the illness. Mostly it is diagnosed purely by chance. The patients often have no troubles or merely now and then notice *headaches, frays, nervousness, breathing difficulty, palpitation or nosebleed*. They should not therefore regard these symptoms as " one-time" or " unimportant " , but should necessarily control the blood pressure by their doctor regularly, especially if they it often notice in order to avoid the damages at heart and vessels.

Which examinations are made to the confirmation of the diagnosis " high-blood pressure " if necessary?

An exact collection of your illness-prehistory (anamnesis), a physical examination and complementary laboratory-chemical examination of blood and urine (on protein and blood corpuscles) build the beginning of the examinations after the many times measurements of a high blood pressure in different situations.

An EKG-examination and an ultra-scan of the kidneys and if necessary a x-ray-examination of the heart protect the diagnosis.

By extremely rare forms of the hypertonia, special-examinations are necessary –of *heart, vessels and of organs like eyes, brain and kidneys*. The pressure-increase existing over long time leads to changes of the vessel-walls, according to that *arteriosclerosis* can be easier formed there. The heart must accomplish permanently maximum performances since it

must pump against at elevated resistance. This is the cause for the heart-enlargement (dilatation) and the usually following *heart-performance-weakness (heart-insufficiency)*.

Consequences of arterial hypertonia, that exists and is not treated over long time, are *heart-insufficiency* (= the heart cannot pump blood through the cycle sufficiently, and *koronare heart illness*(= insufficient supply of the heart-muscle with oxygen and nutrients, that leads to heart-pains).

Vessel-damages through hypertension can appear at each vessel, especially concerned however are vessels of the kidneys, eyes and the brain. These vessel-damages lead to vessel-sediment (= arteriosclerosis) that hinders a sufficient circulation, what finally leads to organ-infarcts like heart attack or stroke (= brain-infarct).

Long hypertonia can finally change the kidneys so that it can come to kidney-insufficiency (performance-weakness of the kidneys).

Medicament treatment of the high-blood pressure!

Hypertension is no fate, in which one must fit himself, but the blood pressure is adjustable. A long blood pressure-normalization is however only possible if doctor and patient work together.

The basis-therapy is the first step to a normal blood pressure-level. By basis-therapy one understands a changeover of certain of habits, like avoid stress, reduce smoking, less of coffee and alcohol, more physical training, food-changeover to much fresh fruit and vegetables and little animal fats, weight-normalization and elimination of risk-factors like elevated blood-fat-level and nicotine.

If it doesn't succeed with help of thesis measures to lower the blood pressure to standard values, so your doctor will try to reach this with medications. For a *hypertonia-therapy* different types and combination-possibilities are at the disposal, that your doctor coordinates individually to you. In this occasion it is important that you possibly take the medications prescribed by your doctor regularly at the same time of a day. If the

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Practice-stamps

expected side-effects appear, like frauds, tiredness or even consciousness breakdowns, you should inform your doctor about it and not stop the use of the medicaments.

And one more thing before we finish: Diet

Give up smoking! Reduce the **alcohol, try to live "more free from stress"!**

And don't forget: Normalize your weight, nourish yourself in accordance with age, move more. Therefore, run regularly daily 1-2 hours

Hypertonia and light-thermo-therapy!

Application at Lumbosakral (cross) area from 5 to 10 times, in each case 15 to 20 seconds is enough. This area-application is applied five (5) till eight (8) times. By high-blood pressure patients directly after the application of the Lt - light-thermo-therapy instrument the Systolische blood pressure sank about 10 - 40 mmHg and the diastolische blood pressure about 4-15 mmHg.

Your doctor will make blood pressure-controls by you regularly in order to guarantee a sufficient medical treatment; but still your body is able to develop the necessary "higher" blood pressure in the situation with stress or by physical effort.

Light-thermo-therapy is:

The simultaneous use of salvation-factors:

- the Fokusierete (**LAFER**) a constant observable light-radiation (yellow-light), infrared-spectrum without UV irradiation wide band infrared radiation
- Yellow-light complete recovery and improvement of the health-condition with the sick person important of the decrease of the salvation-treatment,
- Verräglichkeit, complete harmless-ness, simple applications **fast amortization of the purchase-price through short treatment-times and leaving out of expensive medications**

Therapy indications with the light-thermo-therapy appliance

- Seasonal dependent depressions - SAD
- Arthrose and Osteoarthritis pains, (bones and Gelenksentsendung)
- Myalgie, skin-illnesses,
- Sore-cure accelerated.

Rental fee:

Ltt instrument for three-months for **Patienten practices** € 115.00

With purchase credited / plus shipping and postage

Endpreis of the appliance:

Ltt light-thermo-therapy instrument € 399.00

You can order the appliance to the light-thermo-therapy under following addresses:

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