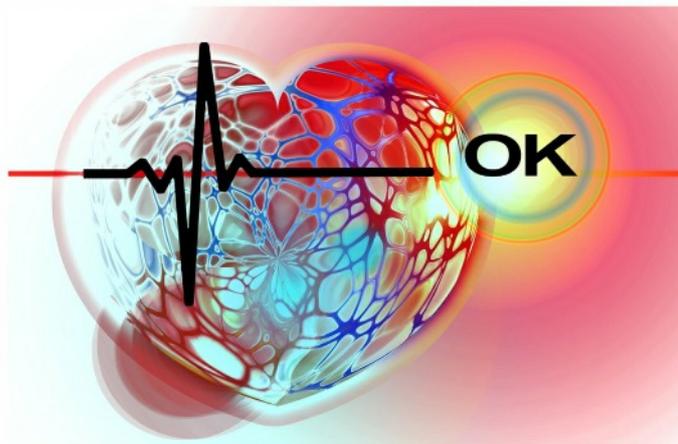


Don't Blow A Gasket

***“Steps To Lower Your
Blood Pressure”***



By Fred Corbett

Don't Blow A Gasket

Legal Notices

No Warranties

This book is provided AS IS for informational purposes, without any warranties, except for any applicable refund policy. This book is not guaranteed to produce any particular result. The reader assumes all responsibility and risk for the use of the information contained herein. Nothing contained in this book shall be considered as specific health advice. You should seek health advice as appropriate for your specific situation.

Copyright Notice

This publication is owned and published by Fred Corbett, and all rights are reserved. You may distribute this book for free AS IS, but you may not sell it or use any portion of it without written permission from the authors.

Published by: Fred Corbett

Don't Blow A Gasket

Hi I'm Fred Corbett

Hi over time as a professional clinical Hypnotherapist, I have worked with many people helping them in many ways.

I have found when working with High Blood Pressure there are a number of Factors which often combined with lifestyle raises the Blood Pressure.



These factors — which i call Life Factors” —

- like unresolved anger
- Feeling a lack of control over your life
- Even environmental stressors such as noise, pollution ect.

I do work with you to find out what Life Factors contribute to your condition, but there is one thing which seems to be amongst them that is Stress.

You may not have seen yourself from stress, but long term exposure to one or more of the Life factors creates an ongoing chronic stress response, and although long since excepted this as normal it can add up and take it's toll over a period of years.

When we are exposed to stressful situations, our natural 'fight or flight' response is activated. The body is flooded with the stress hormones, adrenaline and cortisol, which prepare us for action. Our breathing pattern changes, muscles tense and pulse rate & blood pressure rises.

The problem is that modern stressors can't be so easily fought or escaped from, which leads to a chronic accumulation of blood vessel tightening stress hormones.

Don't Blow A Gasket

First Thing to do on a Daily Basis

Take Timeout to *relax* each day

Our stress hormone levels change naturally throughout the day, depending on the situations we find ourselves in.

The difference between someone who copes well with stress and someone who ends up 'stressed out' depends not so much on the stress of a particular situation, but on our overall stress and anxiety levels.

If your general stress and anxiety levels are high, then it doesn't take much of a spike in stress hormones to hit noticeable levels.

For some people, hitting those noticeable levels can mean feeling impatience, frustration, anger or 'road rage'. For others, it can mean a full on anxiety or panic attack.

In extreme cases, it can be the reason why seemingly normal people finally snap over something trivial, like Michael Douglas in the movie, *Falling Down*.

Thankfully, these cases are rare, but the accumulation of stress over time can cause our general anxiety and stress hormone levels to creep up unless we take steps to manage it.



Find that key to Timeout



First Steps To Lower Blood Pressure

Whilst you may need professional help to identify and deal with any Life-Factors which are the root cause of this accumulation of overall stress hormones, you can help yourself reduce your overall stress levels by taking time out to relax each day.

Everyone has a different way that they like best, but the three main activities which tend to relax us most are:

1) Getting exercise The stress hormones in your body are primarily designed to get you ready for action either fighting or running away — so taking exercise is a great way to help your body mop up the excess stress hormones and lower your overall stress levels. Taking a walk somewhere where you can appreciate the beauty of nature, such as by a lake, forest or the sea can give you the added benefit of focusing elsewhere while you



2) Focusing elsewhere Breathing exercises meditation, visualisation, self-hypnosis, yoga, tai chi, massage, singing, painting, reading and even prayer can focus your mind away from the source(s) of stress, allowing your body time to relax and mop up the excess stress hormones in your body. Simply experiment to find the method which suits you best, and spend at least 15 minutes a day allowing your body to de-stress.

3) Spending time with close friends

Human beings are social creatures, so we tend to feel safest, comfortable and most relaxed in the company of others, and studies have shown that having a supportive social circle can help you live longer.

A great antidote to a stress hormone overload is therefore to spend time in the company of people who are loving and supportive, whether it is your spouse, family, friends or co-workers.

Remember that *a problem shared is a problem halved*, so instead of bottling up emotions until you stew on them, a better way to manage stress is to talk.

First Steps To Lower Blood Pressure

Change your attitude toward stress

It's always been a mystery why some people seem to seek out and thrive in situations that others would find impossibly stressful.

A classic example are roller coasters — it's pretty safe to say that people either love them or hate them — hardly anyone is ambivalent.

The curious thing is that if you ask the thrill seekers what they feel when they are riding, they will pretty much describe the same physical reactions as the people who are terrified — their stomach flips, they get a rush of strong feelings, their breathing changes and their heart



The key difference between the two comes down to the attitude and label they give the experience.

The thrill-seekers see the experience as '*exciting*'; the others see it as '*terrifying*'.

It turns out that your attitude affects far more than just whether you love or hate roller coasters, and a study of 30,000 Americans over an 8 year period found

The study showed that people who experienced a lot of stress over the last year were 43% more likely to die early if they also believe that stress is harmful to them.

Conversely, they found that people who experienced a lot of stress over the last year but didn't believe stress had a negative effect on their health were *less likely to die* than people who had experienced almost no stress at all.

So, if you begin to embrace stress as a challenge rather than a threat — to see it as something that you can rise to which will make you stronger — then you can reduce the strength of your hormonal stress response and avoid the negative effects.

First Steps To Lower Blood Pressure

Final thoughts...

By getting and reading these tips, you've proved that you are really serious about taking control of your blood pressure and we just want to take a moment to acknowledge you for that.

After all, many people simply never take the time to educate themselves the way you have, and although these ideas may take some time to master, the more you put them into action, the better the results you will see.

It's important to remember that you have more power over your mind and body than you may currently realise, and the fact that you are reading this means you really have the determination and commitment to do this now.

So, if you enjoyed these tips and they made sense to you, then we think you might be a great fit for my Programme.

I would be delighted to have a no obligation chat about how this programme can help you lower your blood pressure naturally and answer any questions you have.

Check out www.fredcorbett.co.uk

Or Call 07813676307

Thanks for reading this far, and here's to your success.

regards,

Fred Corbett