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# How To Correct High Blood Pressure Without Medications



## Synopsis

I need to thank my patients for having the courage to stand up to a medical system that is not just broken but dangerous. It takes an incredible amount of courage to take responsibility for your own health. Too many people today abdicate authority over their health to a medical professional, submitting to medical procedures blindly, and many times with disastrous results. I have always approached health issues with the idea that the human body is intelligent and there are reasons for its responses to environmental stimuli (that is what doctors and people call symptoms). If you look at all symptoms, whether you are dealing with High Blood Pressure, Depression, Reflux, or even Cancer, know that the body has intelligent responses to deficiencies or toxicities â€“ and then the solution for those symptoms or conditions will be clear. This driving thought has been inspiring me to research the true source of disease and the solutions for those diseases. In this book, I include real patients with real problems that have been mistreated by an obsolete medical system. I have changed the names of the patients, but their ages and the symptoms, and therapies they endured are real. I want you to appreciate the true courage one must have to take charge and responsibility for oneâ€™s health, and to go against the health authorities of today. Throughout history, changing a broken system has taken vision, courage, and the ability to focus on a different idea. When Galileo first had the idea that the earth wasnâ€™t the center of the universe, he was threatened with excommunication from the church and ridiculed by those in power. But his ideas were proven to be true and today he is hailed as a hero. The people who take charge of their own health are my heroes, and this book is dedicated to that independent spirit and vision. God Bless You Folks. John Bergman D.C.

## Book Information

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## Customer Reviews

what I like about Dr. Bergman is that he knows the actual reason for the disease and cure it naturally. no medication or playing games with your biochemical balance

This book is written for the average person in everyday language. Dr. Bergman clearly explains why we have high blood pressure, how to easily correct it, and most importantly what NOT to do. The advice is simple, easy to follow, and makes good sense. This is a must read for everyone who is currently being treated for high blood pressure and their doctors too! We need more doctors like Dr. Bergman who are willing to tell the truth.

Dr. Bergman is a chiropractor who has studied many health issues, gaining a wide range of knowledge. I first learned about him when I discovered his videos on YouTube. In this book he discusses hypertension, and includes case studies of his own patients. He points out that the body is self-regulating and self-healing. And, he understands that high blood pressure is not a disease, but an adaptation to stress, nutritional deficits, and toxins. Finally, he questions the usefulness and safety of the standard medical diagnosis and treatment. Overall, this book is very good. But I think it could be even better if more of the information covered in his videos on the subject were included. I was expecting more of this material to be in the book. Even so, I would definitely recommend it.

On page 59 there is a 2 page section that explains in detail how to take blood pressure correctly. That can make a big difference. Plus a wealth of intelligent information that medical doctors seem to be blind to.

John Bergman has a wonderful way of saying things in ways that anyone can understand! I found this book like a movie, I just couldn't stop reading it! Very informative and I hope to implement his information. He makes you feel as if you know him and totally trust what he says.

I have been watching Dr. Bergman's YouTube videos for a while now. He has been so clear in explaining in real English how the body works and how to nourish my body with nutrition. I am looking forward to being prescription free! He's fascinating to watch on the videos, so now I can also study this resource information. Thank you, Dr. Bergman.

I like Dr. Bergman's point of view and am trying out his methods because he makes a lot of sense. My health is already changing for the better. I will update this review in a year, which is the time I am giving myself to completely heal my body. Thanks, Dr. Bergman, for sharing your knowledge and experience.

Everyone, with or without high blood pressure should read this book! You will be Thankful to Dr. Bergman for keeping it so simple and basic on how you may maintain good health. It's is an easy read. Highly recommend for all!

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