

## High blood pressure

“High blood pressure has become an Irish 'epidemic' ” is the heading of an article on a national blood pressure awareness campaign in the Irish Times last month.<sup>1</sup> This article states that 19 in 1000 people suffer from hypertension themselves while 38 per cent have family members with the condition. 43



Per cent of the people who suffer from high blood pressure are over 65 years of age. **Homeopathy can cure high blood pressure.** Over the 8 years I have cured many people suffering from high blood pressure with homeopathy. After one or two consultations your health will be increased to the extent that **you can stop**

taking blood pressure tablets gradually in deliberation with your GP.

### Contents

- What is homeopathy?
- What is high blood pressure?
- Causes of high blood pressure
- Possible signs of high blood pressure
- Homeopathic treatment
- Maintaining a normal blood pressure?

Enjoy this newsletter. Regards,  
**Jeroen Holtkamp, I.S.Hom.**

### What is homeopathy?

Homeopathy is a natural system of medicine that stimulates your body to get rid of disease of its own accord **without side effects.**

<sup>1</sup> The Irish Times - Tuesday, May 18, 2010

### What is high blood pressure?

About 60 to 80 times per minute the heart muscle contracts and causes the forceful stream of blood through the arteries. The blood pressure is the force of the blood pushing against the artery wall. When the heart contracts the blood pressure reaches its highest value, which is called the systolic pressure and is normally 120 units. At expansion the blood pressure reaches its lowest value of normally 80 units. The blood pressure of a healthy person usually reads 120 over 80 which is abbreviated as 120/80. High blood pressure or hypertension is defined as equal as or higher than 140/90.

### Causes of high blood pressure

The following problems are directly related to high blood pressure: disease of the renal glands, congenital kidney defects, kidney inflammations or a stricture of the large body artery or kidney artery. Because our body is such a complex organism the cause of 95 percent of high blood pressure cases is unknown. In reality there are many **factors that could contribute to a high blood pressure**, such as hereditary factors, males above the sixty, woman after the menopause, smoking, over-weight, lack of exercise, chronic stress, and **high intake of salt**, alcohol, cholesterol and coffee.

### Possible signs of high blood pressure

- Headaches, particularly those which are present in the morning and subside as the day progresses.
- Tiredness and tiredness in the head.
- Singing in the ears.
- Dizziness
- Heart palpitations
- Nose bleeds

### Homeopathic treatment

For the treatment of every health problem the homeopath wants to know how the whole person is affected.

In particular for the treatment of high blood pressure the holistic approach of homeopathy is very beneficial, because hypertension seems to have a general effect on our total well-being. Chronic stress is a major factor contributing to hypertension. The focus of homeopathic treatment is to increase the ability of the individual to cope with stress in general. During consultations the patient is invited to talk about possible causes of stress and how his or her body reacts to it. Causes of chronic stress can be business demands, bereavement, relationship problems, traumatic experience, domestic tension, serious health problems, etcetera. By asking specific questions the homeopath stimulates the patient to talk about her personal experience of high blood pressure and other complaints. Based on that information a remedy is prescribed that suits the individual. After a few consultations not only the blood pressure is back to normal, but also the stress and other physical complaints will be reduced significantly.



After a few consultations not only the blood pressure is back to normal, but also the stress and other physical complaints will be reduced significantly.

### How to maintain a normal blood pressure?

- Don't take too much salt.
- Eat plenty of fresh fruit and veg.
- A half an hour moderate exercise a day.
- Have enough sleep at night.
- Try to lose some weight if necessary.
- Watch your cholesterol intake.
- Don't smoke

Info at: Green Street Medical Centre,  
Castlepollard or **Jeroen Holtkamp, I.S.Hom.**  
Phone: 044-9662779