

## Hypertension – Causes & Cure

Thema	Seite
Hypertension - life threatening risk factor 1 now curable	13
The magnitude of risk	15
Treatment of the symptoms doesn't cure	16
Why does blood pressure increase?	17
The true causes	17
Basic cause is the unnatural civilization food	21
Most dangerous: protein oversupply!	22
The role of the common salt	28
Stress - an additional cause	30
The danger of smoking with hypertension	31
Deficiency of physical training	33
Higher blood coagulation tendency	33
Effects of the usual symptomatic treatment of hypertension	34
Causal treatment of hypertension	37
Causal treatment of hypertension	39
Leaving the risk zone by small blood-lettings	39
Immediate correction of nutrition	41
Which is the healthiest nutrition for man?	46
Natural nutrition - example for one day	53
Natural nutrition - example for one day	55
The breakfast	55
Lunch	57
Dinner	59
Cereal soup for the beginning	61
Important: Sufficient water supply	63
Additional measures	65
A minimum of exercises	67
Stop smoking	69
Control of the risk - how to proceed practically	71
Control of the hematocrit	73
Control of blood pressure	73
Other warning symptoms	75
How to proceed practically	76
Control of success	79
Questions and answers, request for a report	81
Questions and answers (questionnaire)	82
Table (example) for registration of blood pressure	84
Table for registration of blood pressure	85
How they cured their hypertension	87
Examples of former hypertonic patients, who reconquered their health	89
The examples	91
Case H.St. (45 y.)	92
Case M.I. (67 y.)	94
Case M.H. (51 y.)	96
Case K.B. (36 y.)	98
Case F.B. (54 y.)	100

Two cases more	102
Drama of a young man with a happy ending	103
Recipes	107
Kitchen utensils needed	109
What should be in stock	110
To buy fresh	111
Some extra hints concerning healthy food preparations	112
How to handle the following recipes	113
Cereal-soup-diet for the beginning	114
Cereal soup, completely boiled (1)	114
Cereal soup with an unheated, raw part (2)	115
Cereal soup with a raw part of cereals, garden lettuce, carrots (3)	116
Cereal soup with raw part of cereals, chicory, carrots and germi-nated seeds (4)	117
Cereal muesli variations for breakfast	118
Basic mixture of the cereal muesli	118
Further preparation of the cereal muesli in variations	119
Lunch and dinner	120
Composition of lunch and dinner	121
Gazpacho - Spanish „salad soup“	122
When you have succeeded to read this book up to here	122
Searching index	123