

Complex treatment of arterial hypertension
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Arterial hypertension (AH) is a syndrome of persistent increase in blood pressure, when the systolic pressure is equal to or exceeds 140 mm Hg, and the diastolic pressure is equal to or greater than 90 mm Hg.

Blood pressure classification:

normal blood pressure 130/85;

Stage I (soft) - 140/159, 90/99;

Stage II (moderate) - 160/179, 100/109;

Stage III (severe) - 180/209, 110/119;

Stage IV (very severe) - 210/120 and higher.

Organ damage in blood pressure:

- heart, cerebral vessels, kidneys, peripheral vessels;

- the retina of the eyes.

Treatment of patients with stage I of hypertension is carried out by non-drug methods, on the hardware-software complex "IMEDIS-EXPERT" using the methods of autonomic resonance test (ART) and bioresonance therapy (BRT).

There were treated 10 people aged from 24 to 55 years with 1 stage of hypertension. Let's dwell on some points of therapy.

Non-drug treatments.

1. Medical nutrition:

- hyponatrium diet - 10 g (you can use Sonasol instead of salt);
- with concomitant obesity, restriction of daily calorie intake;
- reducing the intake of free fluid to 1–1.5 liters per day;
- exclusion of products that stimulate the central nervous and cardiovascular systems (strong meat and fish broths, strong tea, coffee), causing increased gas formation, intestinal distention (beans, peas, carbonated drinks, etc.);
- enrichment of the diet with foods containing magnesium (green peas, raisins, figs, dates, rose hips, wheat, rye, dried apricots, oat and buckwheat cereals, wholemeal bread, nuts, apricots, leafy vegetables, sea fish, parsley, etc.) etc.). Magnesium diet - including foods rich in magnesium, such a diet helps to normalize the vascular tone of blood pressure, increase urine output, lower cholesterol levels;

- potassium (buckwheat, mushrooms, pearl barley, parsley, etc.);
- inclusion in the diet of foods rich in lipotropic substances and cell membranes, as well as seafood (sea fish, crabs, lobsters, seaweed);

- the diet includes foods rich in potassium salts, but low in sodium salts. Increased administration of potassium salts has a diuretic effect, promotes the excretion of sodium, hence a decrease in blood pressure. Potassium diet: dried apricots, raisins, nuts, prunes, oranges, tangerines, cabbage, rose hips, baked potatoes, oatmeal, wheat groats, gooseberries, milk, cottage cheese - 1%;

- periodically alternate the hyponatric diet with the magnesium diet, for 3-4 days each.

2. Normalization of body weight.

A decrease in body weight for obese individuals leads to the normalization of blood pressure, with Art. AG.

We also recommend a fruit and vegetable diet (2-3 times a week). The chemical composition of the fruit and vegetable diet: proteins - 40-50 g, fats - 70 g, carbohydrates - 150-200 g, so that the energy value is 1710-1730 calories. It should be emphasized that the main principle of weight loss is to reduce energy consumption and increase physical activity.

Diagnostics by the method of vegetative resonance test:

1. Test - hypertension, tested through the meridians: pericardium, heart, kidneys, vascular degeneration, endocrine, liver.

2. Intoxication - chemical, bacterial, viral, parasitic.

3. Cholesterol level, psycho-vegetative loads, endocrine index (exhaustion, tension).

Treatment:

1. We prepare drainage preparations for all types of intoxication and private bioresonance (BR) drugs, according to those meridians and frequencies that were determined during the test - hypertension.

2. We carry out the correction of fat metabolism, through metabolic processes in liver (OP):

a) OP liver or OP fat metabolism; b) through the acid-base state.

3. We identify indicators of violations: psychovegetative loads, endocrine index, immune system, lack of enzymes, vitamins, intestinal dysbiosis.

4. Drainage preparations (liver - gallbladder, pancreas glands, drainage of the nervous system, drainage of the venous system, dysbiosis).

5. Through the BRT, we test at the frequencies of the selected meridians and get drug for violation of fat metabolism.

6. Homeopathic remedies: Kurdlipid C3, C6 - once a day; thuja, gelsemin, aconite C3, C6 - 2 times a day; graphite, iodine, thyroidin C6, C12 - once a day.

7. Resonance frequency therapy according to the tested programs.

8. Induction therapy - wave disturbance correction programs brain, psychosomatic state, tested by the ART method (Stress, Depression Programs, etc.).

9. Cleansing and restoration of the body according to the method of OI Eliseeva.

During the year, we treated 10 patients with severe stage IV hypertension.

Treatment results:

1. Full long-term compensation of hypertension for 6 people.

2. Decrease in blood pressure - 4 people. They continue to be under constant

control and continue taking multiresonant drugs.

Conclusion: only an integrated approach to the treatment of severe forms of hypertension gives a positive result.

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