



Take Control Of Your Life With Hypnosis:

Eliminate negative habits; Create healthy changes; Achieve optimal well-being.

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**Lowering Blood Pressure**

A fifty-seven year old woman named Wanda came to Hypno-Health to explore her blood pressure issue. Shortly after graduating from college, she began donating blood to the Red Cross. Each time her blood pressure was taken, before donating, she was told it was elevated. She never thought much about that because she was young, active and healthy, she was always allowed to give blood, and the length of time between donations caused her to “forget about her pressure readings”.

As time passed, Wanda settled into a comfortable career, married, and raised two children. Whenever she went to a doctor’s office, however, her blood pressure was elevated once again. She spoke to doctors about it and wondered if it might be caused by “white coat hypertension”, which suggests that simply entering a medical setting can cause one’s blood pressure to rise. The doctors’ responses indicated even if she did have white coat hypertension, she might well have elevated blood pressure on a regular basis. But, because Wanda continued to be otherwise healthy, she shrugged off the doctors’ advice and focused on her busy life.

At age forty-eight, Wanda took a fall and “threw something out” in her back. The chiropractor who treated her suggested she consult her regular doctor about her elevated blood pressure and perhaps take her pressure at home for awhile. She followed her advice and bought a sphygmomanometer. Regular readings showed her pressure to be mildly elevated, but she wanted to control it with diet and meditation and proceeded to try to do that.

Years passed, until one day she was talking with her son and the conversation turned to elevated blood pressure. Neither of them had known that the other had experienced similar symptoms. As they talked, Wanda decided to get serious and “do something about it”, expecting she could pass her success on to her son. A friend suggested she come to Hypno-Health.

As we began gathering information from her subconscious mind, I asked Wanda to go back to the first time something contributed to her elevated blood pressure. She began talking in a deeper voice and seemed to be “somewhere else”. She had spontaneously regressed to a previous life in colonial America. The year was 1852 and she was a male slave named Ramba. He was under the supervision of a sadistic man who seemed to delight in whipping the slaves. Because the whippings could happen at any time, Ramba became constantly hyper-vigilant about being ready for them. His steady level of anxiety and fear contributed to his elevated blood pressure. Wanda’s present-life self, past-life self (as Ramba), and higher-self, resolved the situation by sending the negative (elevated blood pressure) karma back to her past life and releasing it’s impact on her in this life.

We then addressed other influences in this life that reinforced Wanda’s elevated pressure. She released the impact of the steady dose of fear and tension her mother was experiencing from her emotionally abusive husband and automatically passed along to Wanda while she was still in her womb, and replaced it with soothing, comfortable feelings. She then identified various messages and experiences throughout this life that continued to affect her blood pressure, disconnected the influence of them, and replaced them with serene and tranquil feelings associated with normal blood pressure. She brought forward from her subconscious mind an affirmation (“deep peace”) that would reinforce all aspects of the new “her”.

When I suggested Wanda could ask her subconscious mind for a date when her normal blood pressure would be permanently in place, she did so, and got a date that was exactly 15 weeks away. In addition to doing her reinforcement work with her affirmation (and especially listening to her personalized MP3 recording from Hypno-Health), she decided to record her blood pressure, morning and night, for the fifteen weeks. At the end of each three week segment, she would average the results as a way of charting her progress. Wanda emailed me her results after each three-week segment. They follow:

Initial pressure: 140/90

Segment 1: 135/86

Segment 2: 132/85

Segment 3: 127/82

Segment 4: 123/79

Segment 5: 119/77

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Happy Health!  
*Hugh*

**Remember:** *Hypnosis can be done in the office,  
by phone and via Skype.*