

High Blood Pressure

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See yourself completely relaxed.

Relax the constriction of arteries. See your heart pumping easily. Notice that your blood is flowing smoothly.

See your kidneys flushing properly.

Your head feels clear. You feel a sense of energy and well-being.

It is easy to restrict the amount of salt in your diet, possibly even losing a few pounds.

Situations that used to bother you now seem as opportunities to feel relaxed and in complete control.