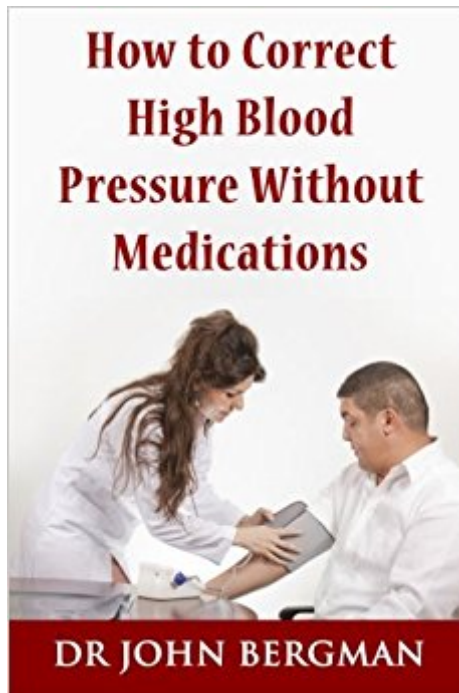




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How To Correct High Blood Pressure Without Medications



Synopsis

I need to thank my patients for having the courage to stand up to a medical system that is not just broken but dangerous. It takes an incredible amount of courage to take responsibility for your own health. Too many people today abdicate authority over their health to a medical professional, submitting to medical procedures blindly, and many times with disastrous results. I have always approached health issues with the idea that the human body is intelligent and there are reasons for its responses to environmental stimuli (that is what doctors and people call symptoms). If you look at all symptoms, whether you are dealing with High Blood Pressure, Depression, Reflux, or even Cancer, know that the body has intelligent responses to deficiencies or toxicities â “ and then the solution for those symptoms or conditions will be clear. This driving thought has been inspiring me to research the true source of disease and the solutions for those diseases. In this book, I include real patients with real problems that have been mistreated by an obsolete medical system. I have changed the names of the patients, but their ages and the symptoms, and therapies they endured are real. I want you to appreciate the true courage one must have to take charge and responsibility for oneâ™s health, and to go against the health authorities of today. Throughout history, changing a broken system has taken vision, courage, and the ability to focus on a different idea. When Galileo first had the idea that the earth wasnâ™t the center of the universe, he was threatened with excommunication from the church and ridiculed by those in power. But his ideas were proven to be true and today he is hailed as a hero. The people who take charge of their own health are my heroes, and this book is dedicated to that independent spirit and vision. God Bless You Folks. John Bergman D.C.

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Customer Reviews

As soon as I could, I took a test to get out of high school, and at 16 years old, I moved away from home and right into college at 17. I changed my major at school every time I got interested in something new; I loved learning. This passion for learning has been with me my whole life, and it has taken me to completely different worlds. At 20 years old, I dropped out of college because I wanted to start a family. (When I was 17, I had met an older woman; she was 19 at the time.) To pay for college, I in construction in the summers, saved like crazy, and lived very cheaply. A box of mac-n-cheese was a good dinner at 25 cents. I built my first home at 21, had my first son by 25 and divorced by 27. I focused on the family and home, but I neglected my wife. That was a hard lesson. My next lesson: I felt stagnant in my life and I needed a change, so I prayed to God for a change. God listenedâ I was hit by a car, breaking both of my legs, fracturing my sternum and skull, and bruising my heart and liver. There is an old Chinese curse: âœmay you get what you wish for.â • Well, I got the change in my life that I had prayed for, and it was and has been amazing. Being obsessed with learning, I now had to learn how the body healed. It is interesting that one of my last jobs before the accident was to install an x-ray room for a Chiropractor, Dr. Anthony. Little did I know that this doctor would be adjusting me in a wheelchair just weeks after I had finished his x-ray system. I went on to become a chiropractor and taught all about the human body to my classmates. I then went on to practice in sunny Huntington Beach, CA. I started holding regular classes on every health subject you could imagine. I started my health classes just teaching basic anatomy, because I thought that if everyone knew how their body worked, they would be amazed and really appreciate how wonderful their body is. I started to videotape these classes and then people were asking for books. So I have written a number of books, and here is my next book â “ on how to correct high blood pressure.

Dr. Bergman is a chiropractor who has studied many health issues, gaining a wide range of knowledge. I first learned about him when I discovered his videos on YouTube. In this book he discusses hypertension, and includes case studies of his own patients. He points out that the body is self-regulating and self-healing. And, he understands that high blood pressure is not a disease, but an adaptation to stress, nutritional deficits, and toxins. Finally, he questions the usefulness and safety of the standard medical diagnosis and treatment. Overall, this book is very good. But I think it could be even better if more of the information covered in his videos on the subject were included. I

was expecting more of this material to be in the book. Even so, I would definitely recommend it.

John Bergman has a wonderful way of saying things in ways that anyone can understand I found this book like a movie, I just couldn't stop reading it Very informative and I hope to implement his information He makes you feel as if you know him and totally trust what he says

I have studied on my own many years on the human body and found many Dr.'s never to help me. I could never find a Dr. who would try to look into why i had what they called high blood pressure. Dr. Bergman cares more about health than he does going with the flow of what is in style(so to speak). Pills just add to more things going bad in your body.

DR. Bergman is so informative I don't understand why more people aren't aware of this Great Human Being.

This man is a genius. I appreciate his advice and I trust him.

I like Dr. Bergman's point of view and am trying out his methods because he makes a lot of sense. My health is already changing for the better. I will update this review in a year, which is the time I am giving myself to completely heal my body. Thanks, Dr. Bergman, for sharing your knowledge and experience.

Well written, not a long read but to the point on how we can correct our blood pressure through diet and exercise, not through medication.

Insightful book.

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