



Lowering High Blood Pressure: The Three-type Holistic Approach

Thomas Breitkreuz

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This book offers a tailored and holistic programme for anyone who suffers from high blood pressure, distinguishing between three core types of hypertension: stress-type, abdominal-type, and chaos-type. Conventional treatments for high blood pressure often fail. Around half of patients who are prescribed medicines stop taking them, often because their doctor hasn't taken a holistic view of the patient's needs and life situation. Other patients feel there is no alternative to a life-long course of pills. This book offers another way. Dr Thomas Breitkreuz, an experienced physician, wants to empower the reader to identify which of the three core types of high blood pressure they have. He then outlines a tailor-made therapeutic programme to care for body and soul, including nutrition and exercise, drawing on drugs and therapies from anthroposophical medicine. Numerous motivating case-studies demonstrate the positive difference that this holistic approach can make in someone's life.

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