

6 SURPRISING SECRETS ABOUT HYPERTENSION



ALL-NATURAL WAYS TO RESTORE YOUR HEALTH STARTING TODAY!

A Special Report From The Hypertension Reverser Team

High blood pressure, which doctors refer to as hypertension, means that your blood pressure is consistently higher than 140 over 90.

And it's one of the leading causes of death in the United States! Let's take a look at the Top Ten causes of death for Americans:

- Heart Disease
- Cancer
- Chronic (Lower) Respiratory Disease
- Accident
- Stroke
- Alzheimer's Disease
- Diabetes
- Influenza/Pneumonia
- Kidney Disease
- Suicide

You won't see high blood pressure mentioned by name on that list. But this is only because it isn't the specific thing that kills you. It does, however, lead to heart disease (#1 on the list), cancer (#2), stroke (#5), and diabetes (#7), which you might say makes hypertension the most lethal condition of them all.

In other words, hypertension is directly responsible for four of the top ten causes of death in the US. The fact is, if you have hypertension, and you don't make a decision to control, reduce, and ultimately eliminate it from your life, then you're essentially turning yourself into a ticking bomb—and you're almost certainly going to shorten your lifespan.

But here's the good news. There are a number of things you can do on your own to dramatically reduce, and even eliminate hypertension from your life—easily and naturally.

In this short special report, we'll reveal five very reassuring "secrets" about hypertension which, if you follow them, offer you the chance to get your hypertension under control and your health on the right track. But as helpful as you are going to find this report, it barely scratches the surface...

Because we've developed a brand-new, one-of-a-kind program called HT Miracle which not only covers the things you'll read here in more depth and detail, but also gives you a simple, step-by-step plan to normalize your blood pressure and restore yourself to total overall health.

[Click Here To Try Out Hypertension Reverser
Today, Totally Risk-Free.](#)

So are you interested in waving goodbye to expensive medications that you need to purchase month to month, just by making some easy and enjoyable lifestyle changes?

Then keep on reading....

01

YOUR DOCTOR MAY BE KEEPING YOU IN THE DARK
(BUT WE WON'T...)

We've been taught to place our full trust in doctors. And certainly, there are a lot of brilliant, wonderful doctors out there who save lives every day.

But there's a dirty little secret about the medical profession, and once you're aware of it, it will cause you to rethink all of the prescriptions that doctors have been scribbling for you over the years.

You see, there are competing interests at play when it comes to the decisions a doctor makes about your treatment. And as with so many other things in this world, it comes down to one word: MONEY.

The Big Pharma companies, who make the pills and medicines, have tons of it. They spend literally billions of dollars every year on marketing. In fact, more money is spent on marketing every year than on the research and development that is needed to come up with new drugs.



Of course, you can't actually get the drugs they sell without a prescription from your doctor—so a big chunk of those marketing dollars get spent on encouraging doctors to prescribe certain drugs to their patients.

Kickbacks are, of course, illegal, and the Big Pharma companies are smarter than that. So there are a number of methods they use to encourage your doctor to keep doling out their drugs to patients—sometimes, whether the patient actually needs them or not.

For example, the Big Pharma companies employ sales reps. When they've got a new drug they want to get into the hands of a doctor, they might visit his office and treat the entire staff to a free lunch.

We're not talking bag lunches and soggy sandwiches, either. We're talking extravagant meals from the best restaurants in the city.

Another strategy is this:

the major players in the pharmaceutical industry appoint doctors to paid positions that they call "Thought Leaders." In contrast to what the name suggests, there's really not a lot of actual "thought" required to do this work.

Basically, Big Pharma chooses "Thought Leaders" by promising doctors big money if they endorse the products that the Big company is currently promoting.

The frightening fact is that more than 80% of the doctors in the United States receive money from pharmaceutical companies for things like this! Granted, not all of them are "Thought Leaders," and the payouts vary widely...

But the bottom line is, it's likely that your doctor is getting some kind of kickback from one or more of the Big Pharma companies.

So when your doctor tells you that you need to start taking an expensive medication, and that you have to keep taking it month after month, it's not unreasonable to wonder if he (or she) is making that suggestion because it's actually the right solution for you, or because the doctor gets a nice payday for prescribing that drug.



That's the world we live in today. Increasingly, everyone is beholden to the Almighty Dollar—including people in the medical profession, which was once regarded as above such petty considerations. You're right to be suspicious. And it's worse than you think...

If you go into your doctor's office and ask them what causes hypertension, you'll probably hear some variation on, "Well, it could be a few different things...we don't really know exactly, but we do have a pill for it."

The reality, however, is a bit different. We've unearthed three landmark studies conducted by some of the best minds in the medical field, and they all reached similar conclusions.

Medical science knows exactly what causes hypertension. Even better, it knows exactly how to fix it.

But admitting to this would cost doctors and their Big Pharma paymasters a ton of money, because if you knew what they knew, you wouldn't have to take their expensive medications at all.

That's why they'd much rather keep you in the dark.

There is good news, though. You don't need your doctor's permission or approval to get rid of your hypertension once and for all. Our HT Miracle program can show you how, and get you on the path to better health using simple, natural, easy to follow methods which get you real results with no expensive prescription drugs.

The best part? It puts you in control of your health and future, not your doctor, and not the Big Pharma companies.

[Click Here to Try Out Hypertension Reverser Today. You'll Get INSTANT Access and It's 100% Risk-Free.](#)

02

THERE'S NO SUCH THING AS A "MAGIC PILL"

Doctors claim to have a "magic pill" for just about everything.

Take this if you can't sleep. Take that if you can't stay awake. Take this pill if your back's hurting, and then take something else to counter the side effects from the first one.

The list is endless. There seems to be a "magic pill" for every possible ailment. There's just one problem with this approach: often, nothing actually gets solved!

Millions of dollars are spent on advertising these drugs, and Big Pharma isn't spending that money to inform you out of the goodness of its heart.

I'm not saying that medicine and drugs don't ever serve a purpose. When prescribed correctly and as needed, they save lives every day. But in a lot of cases, you can achieve the same (or even better) results with natural methods – without compromising your health or your finances.

Hypertension medicine is at best a Band-Aid fix that masks the symptoms. It's also expensive. It puts you on the medication treadmill and sees you paying through the nose to cover up your problem, month after month.

And often, the side effects of high blood pressure medications are as bad, if not worse, than the problem they supposedly "fix."

You might suffer chronic headaches, nausea, or dizziness, and if you're a man, there's the possibility that you can pretty much forget about sex from the moment they put you on the meds. Many high blood pressure medications seriously reduce a man's ability to get and maintain an erection.

And like I said earlier, there's the simple fact that the "magic pill" isn't really a solution at all. Your problem hasn't gone anywhere, it has just been masked.

Stop taking the "magic pill," and your hypertension problem resurfaces!

Where hypertension is concerned, surgery is not a good option, either. One of the main reasons for the development of hypertension in many people is obesity. It's a chronic problem in the US, and grows larger (no pun intended) every year.

People who are overweight will try just about any diet, no matter how draconian, in a desperate attempt to lose weight. Many hope that by doing so, they'll lower their blood pressure. When that doesn't work, some will turn to surgery, most commonly, lap band surgery or stapling.

This almost never works, and is actually a catastrophically bad idea.

For one thing, two out of three surgeries fail in the long term, meaning that whatever weight loss you see post-surgery will ultimately be gained back. Then there is the problem that more than half of all such surgeries develop complications, ranging from simple infections to death. Worst of all though, is the fact that when you do this, you're cutting, damaging or removing HEALTHY tissue in your body.



There's no other surgery performed that sees the patient damaging or removing healthy tissue. It's just insane. Please, never be tempted do this, especially not when there's a better, safer, all-natural way.

As we said at the start, there's no "magic bullet." There's no pill you can take, no one particular food you can eat, no exercise you can do, or single lifestyle change you can make that will fix it.

We'd be misleading you if we said there was. But the great news is, there doesn't need to be.

Hypertension has many different causes. There are many different factors that send your blood pressure higher than it should be. And because of this, there are lots of things you can do to make it better. You don't need a single magic bullet!

No, what you need is a comprehensive approach to curing hypertension that takes all of those things that cause or contribute to that over-high blood pressure into account.

That's where the HT Miracle program comes in. It offers an easy to follow, common sense plan which will reduce your high blood pressure and at the same time increase your general well-being.

[You can get started with Hypertension Reverser right now, just by clicking here.](#)

03

SIMPLE LIFESTYLE CHANGES CAN WORK WONDERS

Most people know who have even a passing understanding of hypertension think that they are going to have to control their diet if they want to get their blood pressure down.

In fact, for most people, changing their diet is the **ONLY** thing they think about when the words “high blood pressure” get mentioned.

There’s a reason for this. It’s well known that diet and obesity play a huge role in whether or not you get hypertension. But even though diet is a big factor, it’s just that - only a single contributing factor in a condition that has lots of different, often interrelated causes.

The way that you live is every bit as big a factor. Let’s look at why that is.

The first big thing is stress. Of all the elements of your life that are sending your blood pressure sky high, stress is hands-down going to be the biggest factor. The bottom line is, we work far too much.

Did you know that workers in the United States take fewer vacation days and work longer hours than workers in any other industrialized nation on the planet?



So it's not surprising that we feel as if we are living under the gun the whole time. Even those of us who aren't in paid employment often have busy schedules which allow little time to unwind on a regular basis.

We've known for years that stress kills, but long before it kills you, it gives you high blood pressure. This leaves you vulnerable to the killer diseases that arise from it. The bottom line is that a stressful life is a shorter life.

You owe it to yourself to ease back on the throttle a little bit and be good to yourself. The problem? Most of us have no idea how to do that.

You needn't get stressed about this though! In our course, the HT Miracle, we show you a whole lot of simple, practical ideas for how you can take control of your life and get those stress levels down.

Related to stress, but in its own separate sub-category, is lack of sleep. Sleep is the forgotten hero of a healthy lifestyle, and getting enough sleep is often at the bottom of our health priority list.

It's true—those who get too little sleep, night after night, are far more likely to develop high blood pressure than those who regularly get enough.

This isn't optional, okay? You must find ways to get enough quality pillow time.

No one is going to do it for you. Your boss isn't going to tell you to take a random day off to unplug – he'll be okay if you work yourself into an early grave!

So sufficient de-stressing, unwinding, relaxing and sleeping time needs to be a priority if you want to lower that high blood pressure for good.

If getting enough time for yourself is something you've been struggling with, and you have no idea where to begin, I can teach you a great little trick to "create" more hours in your day. I know that sounds like magic, but it really is possible!

If you want some simple but extremely helpful tips on how to free up more time in your busy schedule and lower your overall level of stress, so that your health and overall level of happiness improves by leaps and bounds, [click here to try out Hypertension Reverser today.](#)

04

SIMPLE AND DELICIOUS “SUPER FOODS” CAN ROCKET YOU TO BETTER HEALTH (AND WON'T LEAVE YOU HUNGRY)

Earlier, we mentioned that diet plays a major role in the development of hypertension, and that's why it's generally the first thing people think of when they think about getting their health under control.

The problem? Most plans that deal with changes in your diet, as a strategy for reducing high blood pressure, are so harsh and restrictive they they're virtually impossible for normal human beings to stick with.

Do you know what the most effective diet plan is? It's the one that people are actually willing to use. That's it. That's really all there is to it.

Anyone can propose a strict diet plan that will be guaranteed to reduce your blood pressure considerably, but guess what? If it involves cutting your calorie counts by two thirds and subsisting on twigs and berries, nobody's actually going to do that.

So guess what? That precious diet plan is going to get ignored, and nobody will ever see any of those promised benefits – because they'll never get past day two of the program.

The other significant drawback to most diet plans is that they focus on diet to the exclusion of everything else.



We take a different approach. Yes, of course diet matters a great deal, but we're not about to tell you to make sweeping changes in the way you eat. Instead, we focus on the basics, telling you what's good, what to avoid, and offering up an extensive selection of healthy recipes to make it so easy, that you really will want to follow a refreshing and new way of eating.

It's what everyone wants - an easy diet that still delivers lots of the foods you love, and doesn't require you to feel like you're suffering or starving yourself.

Our special HT Miracle diet plan is one that people are actually sticking with and seeing wonderful results from!

Inside the pages of our program, we identify an exhaustive list of "super foods" that are loaded with the vital nutrients your body needs. These will put you on the path to better health and lower blood pressure.

But then, we take it a step further. Because we understand that some (and perhaps many) of the "super foods" on the list will be things you're not accustomed to eating, we make it incredibly simple to follow.

Inside the HT Miracle program, you'll find an impressive array of delicious (but easy to make) recipes that feature a full range of rich, delicious flavors.

No, this is not a "twig and berry" diet. Far from it! In fact, if you follow the diet advice we give in the extensive section on food and nutrition, you'll probably find that you're eating MORE food than you were eating before the diet, while still losing weight!



The secret comes down to caloric density.

Some foods are high in calories, but offer very few of the nutrients that your body needs. You can eat these foods and feel full, but they aren’t giving your body the fuel it needs to be healthy.

This why HT Miracle shows you the best, nutrient rich, calorie light foods on the planet – and they’re delicious, too!

These foods allow you to eat all you want without having to worry. You’ll feel full because you’re getting so MUCH food, even though the foods you’re eating won’t have a ton of calories.

Even better, you’ll be getting a huge amount of nutrients from these foods, and this is going to will play an enormous role in reducing, then outright eliminating your troublesome high blood pressure forever.

And while diet is important, it’s not the only piece of the puzzle. This is another big reason why so much of the other health books and courses out there wind up being disappointing. It’s because they are just too narrowly focused.

You can’t create a successful program for reducing and eliminating high blood pressure if you only focus on one cause of the problem. You need a comprehensive system that attacks the various sources of hypertension, reducing the impact of all of them, all at the same time.

Only then can you begin to reduce, and ultimately eliminate high blood pressure from your life. That’s exactly what HT Miracle delivers.

[Click here to get started with Hypertension Reverser immediately, and discover the easy, enjoyable way to eliminate hypertension and restore your health and well-being.](#)

05

EXERCISE DOESN'T NEED TO FEEL LIKE "HARD WORK"

Getting a proper amount of exercise also plays a key role in controlling, reducing, and at the end of the day, getting rid of hypertension. Doctors know this, but are often reluctant to even bring it up in any serious way.

The reason? They know that you're even less likely to follow their advice on exercise than you are to stick to their advice on what to eat!

We all know the story. It's very familiar, and probably a path you've been on before...

New Year's Eve rolls around, and you make a resolution to get healthier. Part of your resolution involves getting serious about exercise. And you do...for about a week...

Then, you fall off the wagon, and before you know it, it's the Fourth of July, and you've used that expensive gym membership no more than half a dozen times, making it both a waste of time AND money.

If you're like most people, you probably can't afford to waste either of those, and so – you sit. A LOT. Just like almost everyone else you know.

So here's the #1 biggest and best-kept "secret" to getting enough exercise...



You need to trick yourself. Trick your brain into looking at exercise in a whole new way.

How do you do that? Well, you do it by finding something you like to do, or something you've never done before that sounds like it could be fun. Just make sure that whatever activity you select has a physical component to it.

It doesn't really matter what it is that you choose. Some people like hiking and taking pictures of fabulous vistas. For other people, it's white water rafting. Or fencing. Or riding a bicycle.

The only thing that matters is that you find it enjoyable, and that it has a physical component to it.

If you're having fun and you truly enjoy the activity you select, you're not going to see it as "exercise." And while you're having a great time, your body is getting the exercise it needs to get your blood pressure down.

Instead of making it all about sweating and burning calories, which is a thing that very few people like to do, you're going to make it all about your chosen activity—one that you actually enjoy.

The moment you start doing this, your exercise problems are solved. It's really that simple.

Inside the HT Miracle program, we give you a variety of options for you to choose from. We've figured out easy ways for you to normalize your blood pressure (and KEEP it normal)—while enjoying all of the added benefits of a fitter, healthier overall body. And you'll have fun with it, to boot!

[Click Here to Get Started With Hypertension Reverser & Discover The Easy, Step-by-Step "Roadmap" To Better Health and a Longer, Happier Life.](#)

06

COMES DOWN TO BLOOD FLOW AND
ARTERIAL ELASTICITY

Here are two key things that most people don't think about when they consider hypertension: blood flow and arterial elasticity.

High blood pressure occurs when your arteries become too narrow to carry the blood around your body.

This means your body needs to increase the pressure, in order to keep it pumping and circulating throughout your system.

Most often, this is caused by a buildup of plaque inside the arterial walls. (Plaque is a fatty deposit which decreases the space the blood has in which to flow through the arteries). However, it can also be caused by a general constriction of your arteries.

This can be caused by diet, but there are other factors, too. A big one is smoking.

When you smoke, your arteries contract, and the pressure of the blood flowing through them increases. Want a demonstration? Go outside, turn on the garden hose, and place your thumb over the end where the water's coming out.

What happens?

The water pressure increases, of course, just like you'd expect. The same thing is happening in your body when you smoke.

The trick here is to find ways of keeping all the plaque at bay, while increasing the elasticity of those all-important arteries. The good news is that there are a number of foods that will do this for you naturally.

Even better, most of them are really delicious, and we've made sure to build them into our extensive recipe and menu plan that we offer as part of the HT Miracle program.

This means that you can improve the health and of your arteries, and their ability to do their job, without making huge changes to your diet, and without having to turn your whole lifestyle upside down.

In this brief report, we've given you a few glimpses into what the HT Miracle program can do for you. What you're learning here is really just the tip of the iceberg.

Inside the program, you'll get a complete, step-by-step plan that is designed to solve your problem permanently, and super charge your overall health, energy and vitality—while actually making it enjoyable, instead of it feeling like a chore.

Best of all, you'll be doing it 100% naturally.

You don't have to let your hypertension problem control your life, or ruin your quality of life. You don't have to get stuck on the medication treadmill, paying top dollar month after month for a "magic pill" that does nothing to actually end the problem.

We know the HT Miracle program works, because we've experienced the benefits for ourselves. We've also received gotten hundreds of emails from men and women of all ages, who've thanked us and told us what a tremendous difference it has made in their lives.

We absolutely love hearing these kinds of stories, and it's our sincere wish that you will be the next person who writes us to tell us of your success.

You now have the power to take control of your hypertension and rid yourself of this worrisome, harmful condition once and for all.

Without having to drag yourself to the gym, or having to commit yourself to some impossible workout routine...

Without having to swear off the foods you love...

And without having to make sacrifices in your lifestyle. In fact, your lifestyle will become MORE enjoyable, and far less stressful, once you decide to simply take the first step...

[Click Here to Receive Instant Access To The Hypertension Reverser Program, Including a Valuable Limited-Time Package Of Health-Boosting Bonuses, Completely Risk-Free.](#)

Please Note:

The information presented in this book is not intended as specific medical advice, and is not a substitute for professional treatment or diagnosis. These statements have not been evaluated by the Food and Drug Administration.