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How to Correct High Blood Pressure Without Medications

Dr. John Bergman

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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 – 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 one'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 wasn'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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