

Hello all,

Welcome to Volume 1, Issue 9 of *Alternativz*, an occasional journal of complementary and alternative approaches to health, well-being, performance, and longevity. In this issue, titled ***High Blood Pressure Is Not A Disease***, I share my recent letter to The National Institutes Of Health regarding their position or lack thereof regarding breathing and hypertension. I hope you enjoyed Issue 8, an audio instance of *Alternativz* featuring my interview with Grant Soosalu and Marvin Oka, authors of *mBraining - Using Your Multiple Brains To Do Cool Stuff*, and developers of the mBraining technique. I urge you to learn more about them at mBraining.com. I apologize for my delay in completing ***Breathing, Speed, and Power***. We're planning to do some high speed filming for that article and its taking longer than hoped. Find the text of my letter to NIH below.

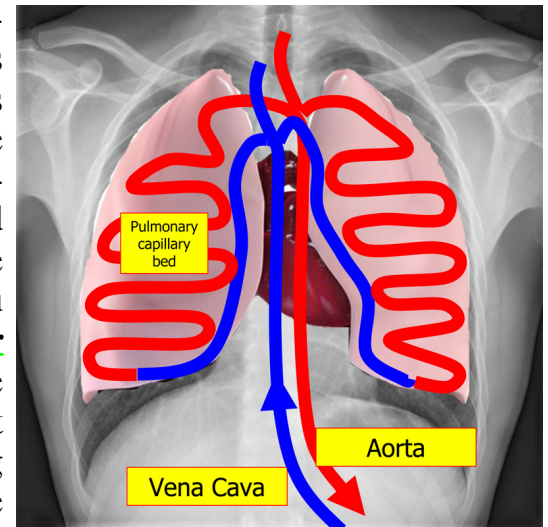
Dear National Institutes Of Health,
National Heart, Lung, And Blood Institute,

I am writing to inquire about your position or lack thereof regarding breathing and blood pressure. At a time when American health care cost is in crisis, the NIH remains silent about the overwhelming evidence that suboptimal breathing is the principal cause of primary hypertension, representing 95% of all cases, effecting ~65 million Americans. One in 3 adults exhibit hypertension - incidence is much higher with the elderly. CDC's estimated cost of medical services, medication, and lost productivity was estimated to be \$93B in 2010 alone.

If I and others are correct in our understanding that breathing is a fundamental determinant of blood flow and pressure, we must construe your lack of guidance regarding this "epidemic" to result from:

- a) a fundamental lack of understanding regarding cardio-pulmonary-circulatory physiology (which cannot possibly be true given the billions of tax dollars that we spend each year on research), or
- b) that the NIH fully understands the importance of healthful breathing to effective circulation but chooses not to make this information available to American citizens. If the latter, we can only assume that this silence is being kept to protect the profits of the medical industrial complex, principally big pharma.

In either case, it is an inexcusable position given the epidemic proportions of high blood pressure in America and the growing number of baby boomers moving into maturity, swelling the number of Americans that are and will be affected by this primary symptom of suboptimal breathing.



Simplified View Of Chest
Inhalation moves venous blood;
exhalation moves arterial blood.

Between the unnecessary human suffering and the financial burden that medicating hypertension places on aging citizens, many of whom have been stripped of their financial assets by the recession, it's time for the NIH to become an advocate for healthful breathing habits, where the closest you come at the moment to this is to advocate "exercise".

Of course healthful breathing can be seen as a form of exercise, but in the case of breathing it is THE form of exercise that promotes healthful circulation by facilitating venous blood flow during inhalation and arterial blood flow during exhalation. It isn't mysterious and anyone with primary hypertension (elevated blood pressure of unknown etiology) or their physician can confirm that breathing lowers blood pressure in a single sitting, i.e. measure the blood pressure before being instructed to breathe relatively slowly and deeply, and then measure it again after such guidance.

Last week I was watching the news on a major TV network and the anchor referred to "the percentage of the population suffering from high blood pressure disease". High blood pressure is not a disease but a symptom of: a) suboptimal breathing where I assert that it is the principal cause of primary hypertension equaling ~95% of cases, or b) lung, kidney, heart, or vascular disease, causes of secondary hypertension equaling ~5% of cases.

This statement by a major network anchor is an example of where the national dialog is on the subject and how it is spinning out of control due to the lack of guidance by NIH, CDC, and The American Heart Association, all of which are silent in the discussion of the critical importance of effective breathing to healthful circulation and blood pressure.

I call on you to end this position which serves to benefit big pharma but harm the American people by allowing the promotion of medications that are not addressing the root cause of the symptom and often have side effects ranging from mild to life threatening. But in my own analysis of the physiology of the matter, it gets worse. Inhalation plays a critical role in compelling blood in the venous tree to return to the right heart and lungs. When inhalation is insufficient to present significant negative pressure in the thoracic cavity to which venous blood will naturally return, the right heart must work to generate the required vacuum to compel venous blood to flow. Over time, this places undue burden on the right heart causing it to fail, this being a final outcome that many Americans will suffer due to lack of sound guidance.

This is bad medicine that amounts to lying by omission by agencies that are supposed to be looking out for the health and well being of the American people. Again, I call on you to end it.

The end.

Stephen Elliott,

(Readers may also enjoy: [There's An Elephant In The Room - It's Called Essential Hypertension](#))

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