

## Dr. Johann Georg Schnitzer

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Friedrichshafen, in the year 2009  
<http://www.dr-schnitzer.de/begre110.pdf>

Dear Reader,

holding the book "Hypertension Causes & Cure" in your hands, you own the key to normalize your blood pressure without pills. (On the Internet you can find it by the URL <http://www.dr-schnitzer.de/bhd001.htm>). Now it depends only on you, to make the right practical use of it.

Hypertension is the main risk factor for the cardiovascular diseases: Heart attack, stroke, embolism. Every other citizen (50 % of the population) of a First World country dies from one of them.

If your blood pressure is already elevated and only can be lowered by pills, your personal risk factor is even much higher: It's at 95 %!

To escape from this "dead certain" cardiovascular risk, the statistics offer only not very encouraging alternatives to pass away: E.g. by (related to the total population) cancer (every 4th, 25 %); various (every 18th - anemia, meningitis, bowel infection, influenza, violence etc.); liver cirrhosis (every 43rd); accidents (every 44th); chronic bronchitis (every 52nd); suicide (every 54th); car accident (every 57th); and the only natural, acceptable one: to die of old-age (every 110th only!).

Do you own a driver's license? In this case, I'm sure you know well how important the correct tire pressure is for your safety, for your freedom from bodily harm, for your life; therefore you check your tire pressure every time taking fuel, or at least every two weeks, and correct it if necessary.

But did you know that your correct blood pressure - between 115/75 and 130/85 measured after rest - is 30 times more important for your safety, freedom from harm and life, and high blood pressure 30 times more dangerous for you, than a wrong tire pressure? Were you conscious of that? How often do you check your blood pressure? If found to be elevated, what did you do to normalize it? (Pills don't count, because not lowering the risk of sudden fatal cardiovascular events).

This book offers you the access to normalize your blood pressure in the natural way. This is possible, because it informs you about the true causes forcing your body to elevate the blood pressure, enabling you to remove them. Also the book teaches you the natural preconditions of health.

Not only, that you don't need anymore pills - too you leave the cardiovascular risk zone for good.

And that's not yet all. Everything gets optimized, that depends on an optimal function of the cardiovascular system: Your mental and physical performance, the oxygen and energy supply of all tissues and organs including your brain, the readiness for defense of your immune system against poisons, allergenes, bacteria and virus infections.

Therefore, optimizing your cardiovascular system means optimizing your total health, and optimal protection against every and all chronic and acute civilization diseases and infections. It's worth your effort multiple times, to use this book as an access to such an essential knowledge.

However: Doing it only half, doesn't help much. "Wash my fur, but don't make me wet!" doesn't work. Rather valid is, what the discoverer of homeopathy, Dr. Samuel Hahnemann, said to his students (physicians): "Copy it - but copy it *precisely!*"

Therefore I give you below a proceeding, that helps you to reconquer your natural health completely, and as fast as possible. Your chances of a complete success are the bigger, the more complete your compliance is.

With my best wishes for your health and a long and healthy life,

Sincerely yours

Dr. Johann Georg Schnitzer

Internet: <http://www.doc-schnitzer.com>

## Preparatory measures (take about 2-4 weeks beginning today)

1. Daily write down your blood pressure, measured under the same conditions (after rest) at the same time of the day. Write down medications and dosages (how many pills) of daily intake. Print out your questionnaire for documentation of your starting point and recovery: <http://www.dr-schnitzer.de/inquiry2e.html>
2. Read the book "Hypertension Causes & Cure" completely and carefully, the best twice. At the same time you organize the additional kitchen equipment and ingredients you don't have yet to practice the recipes, e.g. a household cereal grinder (best: with milling stones from Naxos basalt and magnesite); equipment to germinate grains and seeds; a rasp made from stainless steel; and germinable grains and seeds: Naked oats (true one, not normal oats with removed straw cover); wheat, spelt, chickpeas, lentils, green mungbeans (s. health food stores).
3. Ask your physician - in case he/she didn't propose you this therapy from the very beginning - if knowing this therapy. If not yet, propose to acquire my books available in English, to read them, and to treat you accordingly. The order page: <http://www.dr-schnitzer.de/besteug1.htm>. If not interested, search for another physician, having additionally studied homeopathy and natural medicine. Ask the same - and only stop searching when you have found an interested and cooperative one. Make a weekly appointment, starting from the day of your beginning with this therapy, for checking your blood pressure and hematocrit before starting with measures, and eventually for a first of the series of some small blood lettings to accelerate them.

## Realization (6-10 weeks)

*First week:*

Only after the starting situation had been documented, but immediately after it, you start with the new nutrition. The first 1-3 days you take exclusively the "Cereal-soup-diet". Then you change to the "Schnitzer Intensive Nutrition". Daily you measure your blood pressure; as it lowers, you (resp. your physician) reduce your medication, according to your health progress.

*The next 5-9 weeks:*

Once per week, always the same weekday and hour, you or your physician measure your blood pressure; and, if still necessary, 80-100 ml blood are taken. Every other week the hematocrit is checked (if reduction to 41 % is reached, end of blood lettings). Cease of any medication as agreed with the physician. Continuing with "Schnitzer Intensive Nutrition".

*Stabilization of the normalized blood pressure (another 6-10 weeks):*

As soon as the blood pressure has become normal without medication, the phase of stabilization starts. This takes about the same time, as it has taken before to normalize the blood pressure, that means another 6-10 weeks. Now whole meal bread, made from germinable, freshly ground cereal grains, but still without spread, can be added to the "Schnitzer Intensive Nutrition". Now please fill out your questionnaire (<http://www.dr-schnitzer.de/inquiry2e.html>), and send it. It's encouraging to others, seeing your success, to go the same promising way. Your privacy remains completely protected (details see questionnaire).

*Further conduct:*

Change to "Schnitzer Normal Nutrition", but for good avoid any animal foodstuff, including milk and milk products, and avoid refined carbohydrates (sugars, refined flours and refined starch). Once per week check your blood pressure. If necessary, practice again 1 week of "Schnitzer Intensive Nutrition". Light endurance sports 2-3 times a week.

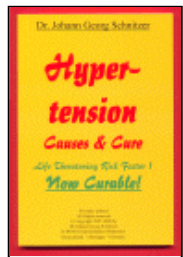
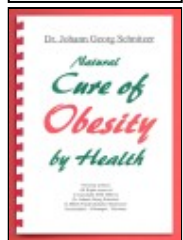
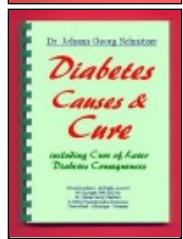
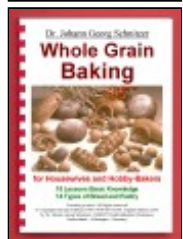
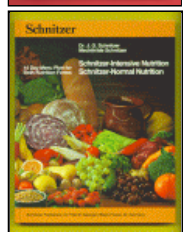
If necessary, repeat this therapy plan as described.

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Hint: If the diastolic blood pressure (normal = 75-85 mm/Hg) too is elevated, not only the flow resistance is higher (because of narrowed capillaries and higher blood viscosity): Additionally the whole cardiovascular system is standing under higher pressure because of an increased total blood volume (this too is caused by the denatured, not man-appropriate civilization nutrition). In such cases small blood lettings can do true miracles!

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