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<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.dr-schnitzer.de>

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.

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!

Dr. Schnitzer's Books in English

Book prices + actual postage costs Deutsche Post "Buch Luft" (books, airmail)

	<p><i>The best investment you could do for your health and your life expectancy to eliminate Risk Factor 1 from your life:</i></p> <p><u>Hypertension Causes & Cure - Risk Factor 1 Now Curable!</u></p> <p>128 pages, € 28.- per copy. Delivery by airmail to all parts of the world. The knowledge described in this book enables you to normalize your blood pressure, in most cases within 6-10 weeks, to say "good bye" to the pills and their side effects, and to leave the cardiovascular risk zone (in which for 50% of all people life ends prematurely) for good.</p>
	<p><i>The natural way to normalize your weight by re-establishing your natural health, and a gift of gold value to your friends:</i></p> <p><u>Natural Cure of Obesity by Health</u></p> <p>52 pages, € 15.- per copy. Delivery by airmail to all parts of the world. - Your appetite works like a goldminer. To find sufficient vital substances in denatured food, it makes you eat huge quantities. That's what causes overweight and diseases. Man-appropriate "civilized origin nutrition" satisfies your appetite and normalizes your body weight as well.</p>
	<p><i>It's in your own hands:</i></p> <p><u>eBook Diabetes Causes & Cure</u></p> <p>including Cure of Later Diabetes Consequences</p> <p>188 pages, € 39.- per copy. Delivery by airmail to all parts of the world. This eBook (PDF) offers a fundamental extension to the usual, life-long, only symptomatic substitution treatment of diabetes: The real chance to overcome the diabetic condition!</p>
	<p><i>First English Edition 2004 of Dr. Schnitzer's classic Whole Grain Baking book (10 editions, 77,000 copies sold since 1978)</i></p> <p><u>Whole Grain Baking</u></p> <p>for Housewives and Hobby-Bakers</p> <p>10 Lessons Basic Knowledge, 14 Types of Whole Grain Bread and Pastry, 96 Pages, € 24.-. Airmail delivery worldwide.</p> <p>This book allows you to re-establish your most important health basis: Healthy, tasty, and beautiful whole grain bread and pastry.</p>
	<p><i>Hippocrates (460-375 B.C.): Let your food be your remedy!"</i></p> <p><u>Schnitzer Intensive Nutrition, Schnitzer Normal Nutrition</u></p> <p>Two weeks examples Schedule, 186 pages, 100 color pictures, € 25.- per copy. Airmail delivery worldwide. The appropriate natural nutrition, according to the still functional frugivorous genetic program of man, therefore normalizing and optimizing the human metabolism. Prevention and cure of diseases by health!</p>

Book Orders only via Internet:

English books: <http://www.dr-schnitzer-buecher-neu.de/English-Books>

German books: <http://www.dr-schnitzer-buecher.de>

To print out this document (on both sides of one paper sheet) from the Internet:

<http://www.dr-schnitzer.de/begre110.pdf>

Mankind in danger – what can be done?

Mankind just had reached 2 Billion living people, when I was born in 1930. Now we have the year 2015, and mankind has passed 7 Billion living people. What a challenge to the leaders of nations and religions, the managers and owners of enterprises, banks and large fortunes, to lead this development over into a civilization of peace, health and wealth for all humans in a healthy, well maintained nature, rich in diversities of all kinds of natural plant and animal species..

Unfortunately, mankind is poor in such intelligent and charismatic leaders, managers and owners, who would try to win the population's enthusiasm for this task and could lead the populations of Nations into a competition of the best in reaching these goals. What's prevailing, is psychopathic arrogance, irresponsibility, corruption, incapability, lack of intelligence, knowledge and education, greed, mistrust, dishonesty, aggressivity, malignity and destructive violence.

As a consequence we have a World, in which the large majority of the World's population and their offspring live like slaves in problems, poverty, disasters, in a polluted and destroyed environment, suffering from chronic ailments, conditions, degeneration, malnutrition or hunger. Most part of their income is taken away by huge taxes and the so called 'health care insurance', which doesn't produce much health, only huge earnings for the medical and pharma sector.

What can be done? What can you do? Think over which possibilities you have in your position and with your connections. Then do what you can contribute to make the World a better place.

What sure everybody can do including yourself, is to improve one's own health. The 'Know how' is available. You only have to acquire it and then to apply it. By that you become healthier and stronger every day. This is your own basic contribution to improve the World.

Because by natural,, man-appropriate feeding habits, the rain forests don't need to be destroyed for growing animal food, the ground water doesn't need to be contaminated by the sewage from meat farms.

The World's food production capacity, used to feed people instead of animals, becomes sufficient for much more than needed to end any hunger in the World. Less diseases and more healthy people also means more productivity, less taxes and less diseases costs, and therefore more average income and wealth.

Last not least, a natural, man-appropriate nutrition makes people more peaceful and more social (aggressivity is a symptom of malnutrition!).

Contribute what you can, and if its only to improve your own health, to make the World a better place.

Friedrichshafen/Germany, 2015

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