

# Take Time to Check Your Blood Pressure

Did you know that hypertension is the most common diagnosis in the United States, affecting approximately 50 million people? Consequently, it is imperative that we take time to screen and treat high blood pressure as a part of a preventative health plan.

Pre-hypertension is defined as blood pressure between 120/80 and 139/89. Stage I hypertension is defined as 140/90 to 159/99. As blood pressure creeps up and moves into the higher ranges, it can lead to stroke, heart attack, heart failure, kidney failure and blindness. High blood pressure is the most consistent and powerful predictor of stroke. Often referred to as the silent killer, hypertension typically has no symptoms.

Now is the time to implement an effective strategy to increase awareness of high blood pressure and prevent and/or assess present damage to target organs. The good news is that creating a healthy lifestyle can prevent and lessen hypertension and its consequences. Creating a healthy lifestyle is the foundation for all treatment and prevention of hypertension.

### What lifestyle changes are necessary to lower blood pressure?

- Decrease salt to about 1-1/4 teaspoon per day. Take the time to read labels and find low-sodium foods.
- Change what you eat. The recommended diet for reducing blood pressure is the DASH diet. This diet emphasizes whole grains, fruits, vegetables, fish and non-fat dairy. When eating whole grains negatively affects your weight, then focus on fish, lean meats, non-fat dairy, and lots of fruits and vegetables. Choose the most colorful ones like berries, leafy greens and citrus.
- Reduce your intake of alcohol. A recommended guideline limits consumption to 2 drinks a day for men and 1 drink a day for women.
- Maintain a healthy weight. Long-term reductions in blood pressure have been achieved with modest weight loss among individuals aged 30-54 who were overweight and had moderately high blood pressure.

- Exercise. A recommended goal is 20-30 minutes of exercise a day. Start slowly and work up gradually.

- Decrease stress. Biofeedback, deep breathing, yoga, meditation, bodywork, and hypnotherapy all provide benefit in activating a relaxing response.

### How can lifestyle changes be incorporated into our busy, stressful lives?

Steps to creating change:

- Create the intention to make a change. Identify what is important in your life.



*All's Well*  
Health for Body, Mind, Spirit

by Moira Fitzpatrick, PhD, ND

- Set realistic goals for weight loss, healthy eating, exercise, and stress reduction in the here-and-now. Small changes have significant blood pressure-reducing effects.

- Identify beliefs that stand in the way of achieving goals set. Replace those beliefs with the energy of new thoughts, feelings, and sensations.

- Create a plan to achieve each goal. Make a commitment to the plan, which means engaging in an activity each day toward the fulfillment of that goal.

- Visualize the completion of each goal and experience the effect on a sensory and emotional level. Typically what is willed with strong emotion is created.

- Tell a friend, coach, therapist, or doctor your plan. This provides the glue or accountability that connects all the pieces together.

- The fulfillment of each aspect of your plan develops strength and an opportunity to see the effect of your choices. It takes only 21 days to create a new habit.

### When lifestyle changes need a boost

Certain supplements and/or pharmacologic treatments can bring blood pressure under

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# Using Archetypes to Heal Our Wounds

by **Kathy Baxter**

Consider the eye of a fly. Unlike a human eye, which has a smooth convex lens, the fly's eye has dozens of lenses, each with its own facet, each focused on a subtly different angle of the world. Only when all of these facets are combined does the entire picture emerge.

The "truth" about reality is like this. I just discovered another angle that is helping me to complete my picture of the truth.

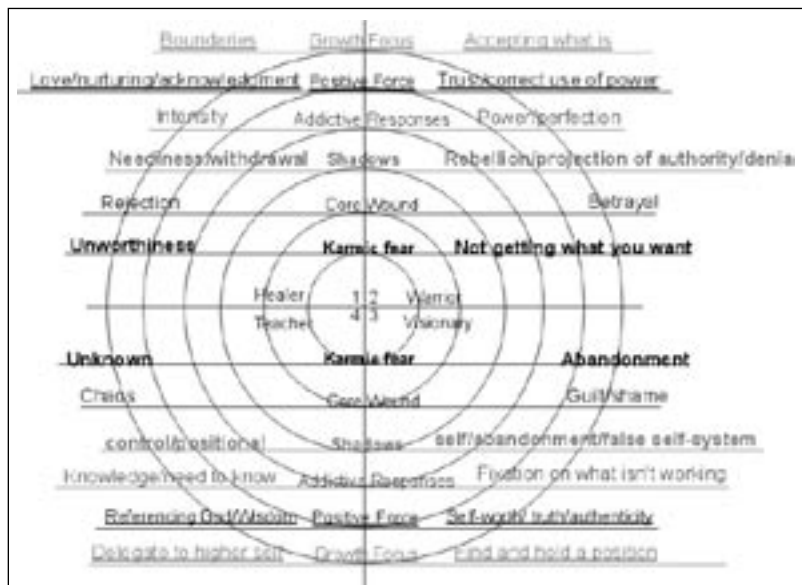
Boston Carter, a local author, has written a book titled *The Mechanics of Consciousness and Four Ways to Wholeness* that describes a simple yet profound model for understanding our basic wounds and how we find healing. This book fills in a missing link for me, as many modalities describe the problem, but few actually show you how to work your way out of issues.

To create what she calls the shamanic behavioral

model, Boston has drawn on a variety of wisdom sources. Shamanic wisdom from the Medicine Wheel; Angelus Arrien's work, *The Four Fold Way*; the Enneagrid; quantum physics, and chaos theory; and Boston's own transpersonal channel all make their appearances in this simple, elegant system.

According to the shamanic behavioral model, each of us incarnates with the intention of working with one of four primary soul wounds (rejection, betrayal, abandonment and chaos.) This wound will be the lens through which we see our human experience. These four wounds are associated with four timeless archetypes: the Healer (associated with water), the Warrior (associated with fire), the Visionary (associated with air), and the Teacher (associated with earth.)

The magic of the system is that these four archetypes are arranged in four quadrants of a 360-degree arc, like a medicine wheel.



Immediately, you can see the relationships between these archetypes, and Boston guides the reader through the healing process for each of the quadrants.

If you know the predominant element of your astrological chart (water, fire, air or earth), you can find your associated archetype. The

core wounds that are operating within the archetype are a vehicle for working through karma and understanding that this is the primary work of the maturation of the soul. Knowing this gives meaning to the struggle. It is a grace that we are being guided to faster resolution of these elemental karmic contracts with models like this one.

Using the Healer as an example, the model shows how a person can learn to set healthy boundaries based on nurturing and acknowledgement by learning the lesson of trust and correct use of power found in the Warrior archetype. The model also describes how we resist this learning by skipping over the healing value of the Warrior tools and going instead to the tools of the Visionary.

The Visionary finds mastery in truth-telling. When the Healer seizes truth-telling without boundaries, too much is shared too soon, without the basis of trust that is learned in the Warrior's quadrant. Because those on this path make themselves vulnerable without the

necessary basis of trust, they set up rejection scenarios, their core wound.

In my struggle with truth (quadrant three, the Visionary) I have always sought to please others first, often at the expense of my own happiness. I learned that the spiritual quest I began in earnest in the last decade is the path to healing (the growth tool from the quadrant of the Teacher.)

Developing a profound connection with Spirit will help me to understand how I feel, what is important, and how to express my own truth with love and kindness. This is allowing me to pull back from over-nurturing others at my own expense: the pitfall from the Healer archetype, the Visionary's chosen way to avoid learning! Of course, over-nurturing others and ignoring my truth leads eventually to my core wound of abandonment.

Look at the patterns in your life that center around challenges and disappointments. You will identify with one of these archetypes. Take any one of your issues and follow it around the wheel (shown at left) in a clockwise direction. You will see that if you go one quadrant to the right for the tool, you can work toward growth, but if you skip one and go two quadrants clockwise, you will compound your issue. This is the way we resist learning and mastery.

This model is rich in detail and wisdom. It can open windows of insight and growth no matter where you are in your own progression. *The Mechanics of Consciousness* is a must read for travelers on the path of Spirit.

Meet Boston Carter and find out how her system might apply to you at Wednesday with the Kathies on August 20. For detailed information visit [www.HarvestoftheHeart.com](http://www.HarvestoftheHeart.com). Boston's book is available at [www.nowageknowledge.com](http://www.nowageknowledge.com).

Kathy Baxter is a spiritual counselor, author, and teacher with a private practice in the Shoreline area. You can learn more about Kathy and her work at [www.HarvestoftheHeart.com](http://www.HarvestoftheHeart.com). If you would like to know more about Wednesday with the Kathies, call Kathy at 206-522-3310.

## Check Your Blood Pressure

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control while lifestyle changes are being made. Some of the best-studied supplements to lower blood pressure include CoQ10, Potassium, Magnesium, Omega-3 fatty acids, Vitamin C and L-Carnitine. CoQ10 is a well documented natural resource for lowering blood pressure. Magnesium is often deficient in our diets and can be depleted through diuretics, stress, food processing and stomach acid inhibitors. Potassium can be found in many foods such as bananas, cantaloupe, watermelon, dried peaches and apricots. Fish oil calms the heart,

decreases blood pressure, protects against plaque rupture and it is anti-inflammatory. Vitamin C protects the inner lining of the arteries. L-carnitine improves blood pressure, cholesterol and provides increased energy to the body as a whole.

Some of my favorite herbs used to lower blood pressure include Tilia or linden flower, Craetagus or Hawthorne, Hibiscus, Viscum album and Rauwolfia serpentina. Talk to your naturopathic physician to determine the right product for you as there are potential drug-nutrient-herb interactions and certain herbs have potential side effects at higher dosing.

There are many combinations of approaches, lifestyle changes and supplements, plus herbs or medications. The best plan is individualized to your unique needs.


The power to gain control of how we live our lives provides us with strength, sense of purpose, and an ability to stay calm, centered, peaceful, and joyful. There are many options to meet your individual needs. Take good care of your heart and blood vessels. Give yourself the gift of optimal health and begin today by making changes in your lifestyle.

Dr. Fitzpatrick can be reached at 206 525-5576 or by email at [drfitznd@comcast.net](mailto:drfitznd@comcast.net).



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