

Reversing High Blood Pressure Naturally
Night Eight

1. The great debate today is the following question – Is religion _____ or bad?
2. T/F Those with higher spirituality have a shorter lifespan.
3. Regular church attendance _____ control blood pressure.
4. T/F Some studies have shown greater spirituality linked to higher BP.
5. Those who had a “religious struggle with illness” experienced a _____ increased risk of death.
6. Eight timeless prescriptions for health and wholeness are:
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
 - f. _____
 - g. _____
 - h. _____
7. Being humble means that we acknowledge we may not have all the _____.
8. T/F Acknowledging your pain means we are open to repent (admit we are wrong).
9. “ho’oponopono” means “to correct or to make right” and it leads to better BP _____.
10. T/F To be meek means to not retaliate in the face of injustice.
11. T/F Being meek means you will be open to any new ideas.

12. Oxytocinin is the hormone that increases trust and _____.
13. Forgiveness requires two steps – first for one to give forgiveness and another for one to _____ the forgiveness.
14. Forgiveness, both giving and receiving, can improve HBP, _____, and cancer.
15. The call to purity is a call to not _____.
16. T/F Compromise can lead to guilt and shame that increases stress hormones.
17. The chapters in the Bible between the first two chapters and the last two chapters are God's _____ plan.
18. In the CARDIA study, those with more hostility had a greater/less risk of HBP.
19. T/F In a study from Iran, those who were being persecuted had worse health.
- 20.