

## 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.
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