

# TFT as a treatment for acute hypertension

by Thomas F. Coleman

I have been having trouble with high blood pressure over the past few years. I had several hospitalizations, am on medication, and remain vigilant about factors which can contribute to elevations, including stressors, diet, etc.

One day I was having a conversation with Dr. Baladerian, in a social setting, about a particularly upsetting incident in which I was tangentially involved, but nonetheless, there was some direct action needed on my part. We spend quite a bit of time on the topic, and reached the end of the conversation. She asked me how I was feeling, and I said, "not so great," having gotten worked up about all the negatives during our problem-solving effort.

Dr. Baladerian said, "Let's do some TFT to see if you could feel better." She brought out her portable blood pressure monitor (a terrific little machine that is put around the wrist and effectively monitors pulse and blood pressure). Since I am accustomed to self-monitoring, I took all the measurements. The first reading was 169/87. No doubt this high reading was caused by my emotionally upset condition. I had taken my medication that day and my morning BP reading was normal. So I attributed my elevated BP to my emotional and physical reaction to this disturbing situation we had been discussing.

We did the TFT treatment and re-measured. It went down to 152/81. We did more TFT. This continued for 4 rounds of a full TFT treatment at which time the monitor read 122/73. Within normal limits. The entire process took 10 minutes.

Dr. Baladerian was not surprised, but, boy, was I surprised! And delighted. I have had so many medical appointments and consultations, and emergency admissions, that a relatively quick normalization of my blood pressure was a very pleasant surprise.

Although I have known Dr. Baladerian for many years, and have heard about TFT, I have never personally experienced an improvement from a TFT treatment. Now that I had experienced it first hand, I immediately recognized the potential importance of this knowledge.

For example, normally I might have driven directly to the nearest medical facility to be evaluated, then admitted or treated in the ER for acute hypertension urgency. My arrival there would be at least 20 minutes from the time the elevation in BP was noticed, then at least 30-40 minutes until I would be seen by a medical professional. Yet, within 10 minutes I achieved and maintained a normal reading, not to mention that I felt so much better.

I told Dr. Baladerian, "if people knew that they could self-administer this therapy, medical expenses would be reduced, and pain and suffering would be reduced, tremendously." I also thought of the economic implications, saying that, for example, if Kaiser provided a blood pressure monitor for all of their HBP

patients and taught them TFT to manage their blood pressure, Kaiser could save hundreds of thousands of dollars every month, not to mention every year!

At my next appointment with my Kaiser physician, I shared this story and mentioned that time and money in the management of HBP could be significantly impacted by teaching TFT to patients who may experience an acute rise in BP to a dangerous level.

I am not suggesting that patients with chronic hypertension should forego medication. Quite the contrary. I am on medication and it works wonders. But I am prone to surges in blood pressure when I

am emotionally upset. Anger can do that. Then anxiety sets in and makes the situation even worse. Before long, the blood pressure can rise to a level that requires medical intervention. It is at this point that a quick reading of blood pressure, and a few short TFT treatments, can bring the BP level down to a normal range. That is what happened to me while I was visiting with Dr. Baladerian. When a similar occurrence happened at home a few days later, I knew exactly what to do. With less than 10 minutes of TFT self treatments, I was back in the normal range.

Now that I have experienced the benefits of TFT firsthand, I believe that it can be a quick and effective treatment for dealing with bouts of acute high blood pressure.

