

There are two drawbacks. The first is that blood pressure is variable as to time of day and general circumstances. One reading in the clinic is unreliable. So you provide the self-helper with apparatus which enables them to take their own blood pressure at home.

The second drawback is that hypertension should be treated on several levels, including diet and lifestyle. The great advantage of taking the pressure at home is that

the person knows when it is highest and what conditions lead to it being higher. S/he can also use the measurement as biofeedback to determine the success of relaxation and other methods. The physician who can teach a person to do this is not a "medico" but a "therapist". The person is no longer a patient but a self-helper.

With this model the aim of any therapist will be to create self-helpers.

### References

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### CARD-CARRYING SCHIZOPHRENIC

I assure you  
my illness is  
merely reactive  
and; my affects  
utterly appropriate  
to the chasm  
felt within.

Only, I have  
the right  
to give  
as well as  
you, not  
merely to be  
healed; but heal, not  
merely to be  
loved; but  
love.

Anne Khan