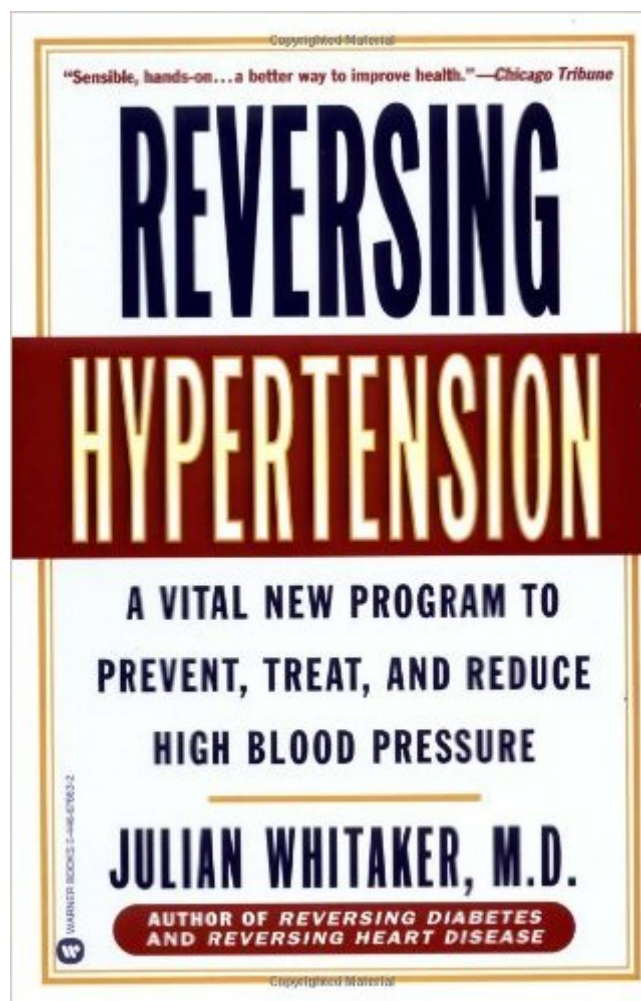


The book was found

Reversing Hypertension: A Vital New Program To Prevent, Treat, And Reduce High Blood Pressure



Synopsis

It Strikes One in Four Americans Without Warning... it triples your risk of dying from a heart attack...it increases your risk of stroke sevenfold...it can lead to kidney disease, diabetes, and blindness...and to fight it, you may be taking expensive-and dangerous-drugs. Now Dr. Julian Whitaker, a leading champion of nutritional medicine and the author of Reversing Diabetes and Reversing Heart Disease, unleashes a new weapon in the war against hypertension. His simple yet dramatically effective plan offers: * a comprehensive program of diet, exercise, nutritional supplements, and stress management-to replace or cut down your dependence on medication * Dr. Whitaker's Quick Start Diet-to decrease dangerously high blood pressure fast * over 30 easy recipes for delicious, low-fat, healthy eating * custom-tailored exercises, from simple stretching to extensive walking regimens * tips on how to properly balance your salt intake and drink more water-hypertension's most overlooked remedy * important information on inexpensive mineral supplements, EDTA chelation and EECF therapies, and much more.

Book Information

Paperback: 336 pages

Publisher: Grand Central Publishing (February 1, 2001)

Language: English

ISBN-10: 0446676632

ISBN-13: 978-0446676632

Product Dimensions: 5.2 x 0.9 x 8 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (34 customer reviews)

Best Sellers Rank: #181,504 in Books (See Top 100 in Books) #22 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure](#) #132 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease](#) #2240 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Customer Reviews

Was diagnosed with High Blood Pressure at 39 2001. 160+ over 100+. Came on very rapidly. Father had heart problems at 46 years old. I was a person who was exercising quite regularly (4-5 times per week swimming) It was not changing my blood pressure. My physician prescribed atenolol. First 25 mg then when it didn't work 50 mg. I thought that was that for the rest of my life. I was at the library and I saw this book I was not looking for it. March 8 2003 read it and on March 9

went on the plan. Within three months I was down to 12.5 mg of atenolol. BP hovering around 120 over 75. I lost 25 pounds from 185 to 160 in four months. Waste went from 34 to 32. I weigh five pounds lighter than when I graduated HS. I was not expecting this but it was a great bi-product of the plan. Today January 20, 2004 almost eleven months later I have maintained the same body weight 160. I am off all medicine for three weeks and my Blood Pressure is at 120 over 78. If it goes back up I will go back to the 12.5 mg but my Physician is amazed. My Cholesterol was 212 with Triglycerides of 370 in July. At the end of December cholesterol was down to 173 and trig now 125. My LDL has stayed about the same at 110 which isn't too bad. My HDL is still low at 29. Not sure what I will do about that since I continue to swim 5 times a week anywhere from 6 to 10 miles per week. HDL is a much harder thing to move unfortunately and in my case it is familial as my father still alive at 78 has never been able to get his above 30 (tracked since 1972). He had six bypasses at 62 which is what I hope to avoid. No matter this plan has given me great hope that I can avoid or at least limit the drugs. I feel great physically and I feel good about myself having lost the weight.

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