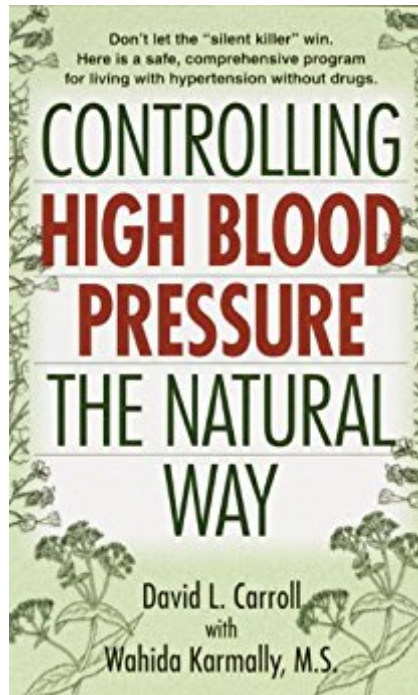


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# Controlling High Blood Pressure The Natural Way



## Synopsis

Of the countless ailments that rack the human machine, high blood pressure is one of the easiest to prevent and one of the most responsive to treatment. Who gets high blood pressure? Should you panic if you or someone you love develops hypertension? How can you help yourself, even if you're in a high-risk group? High blood pressure is commonly the result of an unhealthy lifestyle, and it can almost always be controlled--without debilitating medications--simply by eating the right foods, taking the proper herb and vitamin supplements, getting the correct types of exercise, and practicing such stress-reducing techniques as meditation, visualization, tai chi, and yoga. This book gives you a firm grip on all these tools. Start using them today to build yourself a healthy, circulation-friendly life. **FEATURING:-** A triple-threat healing program that not only revitalizes your circulation system but also boosts your overall health- A thirty-day food regimen--ninety full menus for breakfast, lunch, and dinner, plus many recipes for delicious foods to eat as you control hypertension From the Paperback edition.

## Book Information

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## Customer Reviews

This is an excellent book on natural ways to deal with high blood pressure. I picked up this book and

5 other books at my local library after I went to the dentist and found that I was running high. 2 out of the 7 books really pushed for seeking natural means to mild hypertension while the others advocated the pharmaceutical companies. I am an African American nurse and I was so fascinated with the information that fruits and vegetables high in potassium decrease the sodium, thus decreasing high blood pressure in salt sensitive subjects (most blacks). This in turn decreases glaucoma, kidney disease, stroke. A lot of studies showed proof that the medical society was and is aware of this. I remember a few years ago when I was being tested for glaucoma that I asked the ophthalmologist if hypertension was linked and he said he didn't know. Period, end of discussion. He wanted to finish his expensive field test and prescribe expensive eye drops and make numerous appointments. Likewise the primary doctor only wanted to immediately prescribe medications that would in turn create other health conditions that would need more prescription for life. I didn't want to travel that way and retire with medication bills over my head. I learnt that just omitting sodium is not enough and I need to buy low-sodium products in the grocery aisle. I even printed 4 pages and made a poster for my school staff. I will order 10 books and give to relatives. Great 30-Day Hypertensive Diet Plan. I want to keep this book on my nightstand! Excellent and easy to read and to the point.

The reader with high blood pressure will probably benefit by reading and applying the suggestions in this book. Some of the remedies will be helpful and help avoid or put off the need to pay a physician to write expensive prescriptions. It will certainly reveal some of the causes of high blood pressure. It is a must read for any lay person with hypertension (starting at 140/95) or pre-hypertension (130/90).

Anyone who thinks they HAVE to take dangerous high blood pressure medication to rid themselves of high BP---think again! This book tells you exactly how to get your BP down. So worth the few bucks to find out what it is you need to do!

This book has a motivating format for controlling high blood pressure and maintaining weight. The DASH diet information is wonderful---the food is delicious and healthful. I can honestly see myself eating this way the rest of my life. The information on stress relief and exercise is also very well-written.

This book has been more helpful to me than my last four doctors combined.

I found this book to be a summary of all the collective knowledge I have previously obtained on the subject of high blood pressure. I purchased the book looking forward to following their suggested eating plan, however, the recipes do not contain any information with respect to number of servings, calories, sodium content, fat content, etc. You never quite know if that Spinach Pie you just wolfed down was meant to be shared amongst 2 or 6 people. Because of this, I had to give up as I just don't have the time to calculate appropriate servings size, etc.

Gives basic information of value, but nothing new nor any miracle cures. I learned from another source about the wonders of celery in lowering BP, and this information was not in this book. It's ok reading, but no more than that.

This book is very interesting in letting you know ways of controlling your blood pressure naturally without using prescription drugs for such cause. This is good to try when the doctor gives you a chance to try lowering your blood pressure before any prescription drugs are given. If you follow what is said in this book, chances are great you will be able to do without medication. Warning if you are already on blood pressure medicine keep on the medicine until the doctor keeps lowering our medicine and then with his knowledge and approval then try the methods in this book.

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