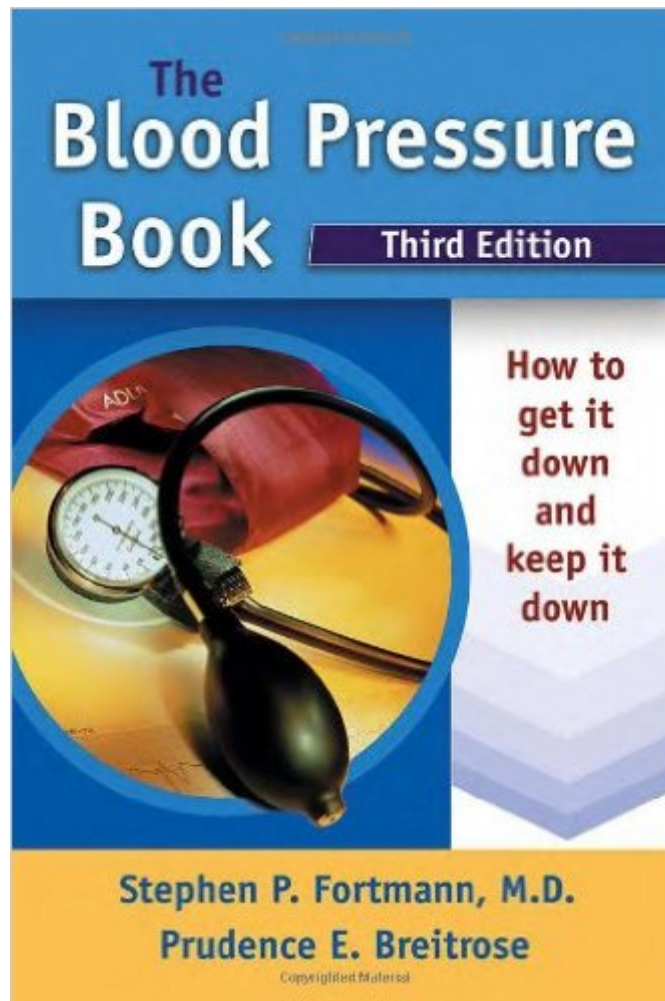


The book was found

The Blood Pressure Book: How To Get It Down And Keep It Down



Synopsis

Now in its third edition, this basic work explains the latest data on the effects of medication, diet, and exercise on blood pressure. It defines the essential terminology (such as diastolic and systolic), emphasizes stress reduction techniques, and offers science-based insight into the causes and control of this widespread condition.

Book Information

Paperback: 148 pages

Publisher: Bull Publishing Company; 3rd edition (April 1, 2006)

Language: English

ISBN-10: 0923521976

ISBN-13: 978-0923521974

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #989,331 in Books (See Top 100 in Books) #63 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure](#) #520 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease](#) #632 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Cardiology](#)

Customer Reviews

"Rather than simply informing people of their risks, and of the measures they should take, The Blood Pressure Book leads its readers into action. It enables them to develop their own custom-made blood pressure control program, step-by-step." [#151](#); John W. Farquhar, MD, professor of medicine, Stanford University School of Medicine

Stephen P. Fortmann, MD, is the director of the Stanford Heart Disease Prevention Research Center at the Stanford University School of Medicine. Prudence Breitrose, MA, is an editor of health education materials and chief writer for the Stanford Heart Disease Prevention Research Center.

[Download to continue reading...](#)

Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days

(Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI) Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Pressure Cooker: Mouthwatering Pressure Cooker Recipes - Granny's Pick Size L Recipes Collections(Pressure Cooking,Pressure Cooker Books,Pressure Cooker Recipe Book, Pressure Cooker Dump Dinner) Blood Pressure Box set: Blood Pressure Solution - How To Lower Your Blood Pressure & Cholesterol Without Medication, Just By Using Natural Remedies and Diet! Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating) Pressure Cooker Cookbook: 3 In 1 Box Set - 310 Mouth-Watering and Healthy Pressure Cooker Recipes for Stove Top and Electric Pressure Cookers (Pressure Cooker, Pressure Cooker Recipes) The Blood Pressure Book: How to Get It Down and Keep It Down Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks--Without Prescription Drugs Pressure Cooker Cookbook: 370 Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals (Pressure Cooker, Electric Pressure Cooker Cookbook) Cooking Under Pressure -The Ultimate Electric Pressure Recipe Cookbook and Guide for Electric Pressure Cookers.: New 2016 Edition - Now Contains 250 Electric Pressure Cooker Recipes. PRESSURE COOKER: The Ultimate Cookbook for Easy and Delicious Recipes (Pressure cooker cookbook, pressure cooking, easy meals, soups, electric pressure cooking) The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without ... Boost your energy, and Stay healthy for life! Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes, Diabetes Meal Plan) Blood Pressure Solution: How To Prevent And Manage High Blood Pressure Using Natural Remedies Without Medication High Blood Pressure Solution: Simple Lifestyle Changes to Lower Blood Pressure Naturally and Prevent Heart Disease Lower Your Blood Pressure Naturally: Drop Pounds and Slash Your Blood Pressure in 6 Weeks Without Drugs High Blood Pressure Cure & Aging Well Box Set: How to Lower Blood Pressure Naturally and Make the Best of Your Golden Years High Blood Pressure Explained: Natural, Effective, Drug-Free Treatment for the "Silent Killer": (Blood Pressure, Hypertension, Heart Health, Naturopathy, Natural Remedies) PRESSURE COOKER: Dump Dinners, Clean Eating and My Spiralized Box Set: Over 100 Delicious and Healthy Recipes For You And Your Family (Pressure Cooker, Pressure Cooker Cookbook)