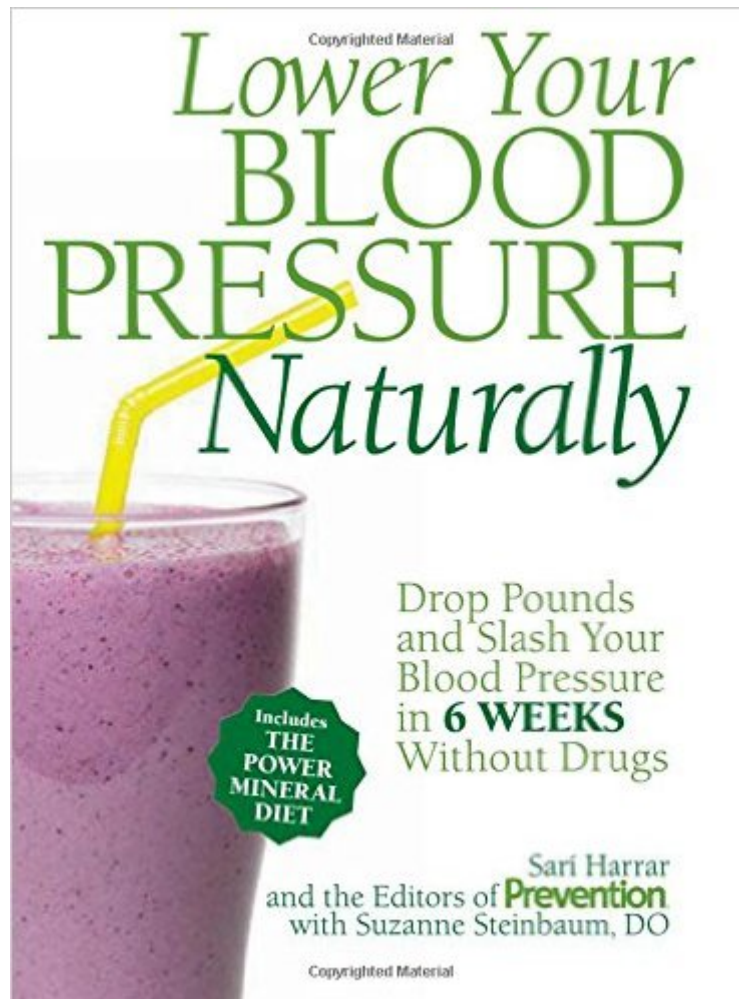


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# Lower Your Blood Pressure Naturally: Drop Pounds And Slash Your Blood Pressure In 6 Weeks Without Drugs



## Synopsis

We are in the midst of a blood pressure crisis. Nearly 70 million Americans have been diagnosed with hypertension, and just 56 percent of them have it under control. Hypertension is responsible for 69 percent of first heart attacks and 77 percent of first strokes. But there is good news: High blood pressure is very responsive to lifestyle changes. And the more changes you make, the greater your results. *Lower Your Blood Pressure Naturally* by Sari Harrar provides readers with a comprehensive lifestyle plan. Readers will follow the Power Mineral Diet, which centers on 13 delicious, powerful, blood pressure-lowering foods, along with an easy, doable exercise program that combines the proven effectiveness of cardio, strength training, and yoga on blood pressure. Not only do these methods help lower blood pressure on their own, they promote fast, sustainable weight loss, which has an independent blood pressure-lowering effect. With daily meal plans; flavorful, versatile spice blends; and 50 recipes, plus Power Mineral smoothies and desserts, the plan proves that a heart-healthy diet need not be bland or boring. *Lower Your Blood Pressure Naturally* offers one of the easiest and most effective ways to conquer hypertension yet.

## Book Information

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (17 customer reviews)

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## Customer Reviews

This is a very well written book with great recipes and a thorough plan to help reduce blood pressure in a very short amount of time. Although the focus is on limiting sodium intake, there is of course the added benefits of weight loss and better health, especially to combat problems such as diabetes and risk of heart disease. As such, the diet plan is also great for those who have decent

blood pressure but also want healthier eating/dieting help. The plan is a combination of eating better, monitoring your blood pressure, and light exercise (mostly walking). As such, it is a very do-able program. The author/editors of Prevention have gone to great lengths to make the book extremely easy to use: from easy to make recipes, simple exercises to do at home in addition to the walking, and forms in the back to track your progress. Since there are no super rare or uniquely hard to find ingredients, the shopping is easy too! Shopping lists are broken down into parts (first 2 weeks and then weeks 3-6) and the ingredient list is very manageable. As well, the recipes are not set and you choose which to use (so you are never stuck with a day where you don't like one/some/all of the ingredients of a dish). Allergic to sea food? Skip the tilapia fish recipe and use a different one with pork or vegetarian only entries. There are quite a few recipes and you pick and choose which one you want when. The book is broken down as follows: Part 1: Better blood pressure and a slimmer you! Part II: Eating Plan. Part III: Exercise. Part IV: More Tools (extra strategies for blood pressure, what works and what doesn't, total cardiovascular health: beyond high blood pressure, forms/tracking your success, maintaining the new you beyond week 6).

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