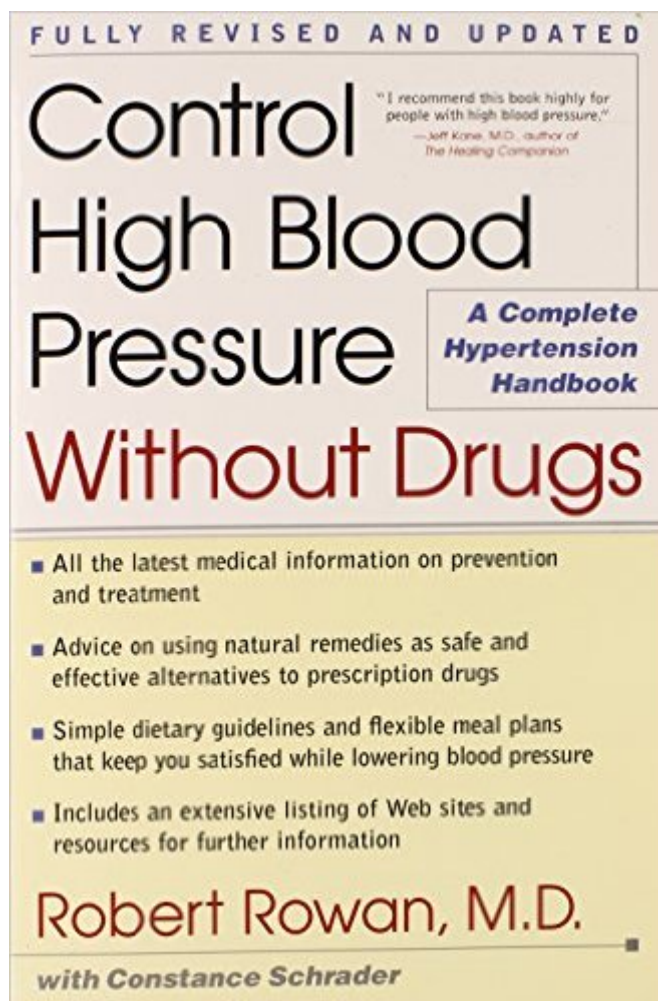


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# Control High Blood Pressure Without Drugs: A Complete Hypertension Handbook



## Synopsis

Now completely revised and updated, this proven hypertension treatment plan that reduces your reliance on potentially harmful medications. Hypertension is called the silent disease because it often gives no warning signs or symptoms. Its impact can be devastating: Both coronary heart disease and strokes are closely related to hypertension. But there is hope. In this fully updated and revised edition of his classic work, Dr. Robert L. Rowan draws on the latest medical findings to help you prevent high blood pressure, cope with it if it occurs, and lower your blood pressure through sensible, inexpensive natural means. He explains how to work with your doctor in developing a program that suits your personality, age, physiology, weight, and personal habits. Here, you'll learn all you need to know about: -New tests that indicate the presence of high blood pressure in the absence of symptoms -Alternative techniquesâ€”from acupuncture to biofeedback to aromatherapyâ€”that can relieve stress and lower blood pressure -Natural hypotensive therapies, exercises, and foodsâ€”including the amazing cholesterol-fighting omega-3 oils -Prescription and over-the-counter drugs that can affect blood pressure -The lowdown on diet, including a month of healthful menus and dozens of quick-and-easy recipes With a comprehensive list of helpful Web sites and a fully updated bibliography, *Control High Blood Pressure Without Drugs* brings you the information you need to manage your blood pressure and live a healthier life.

## Book Information

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## Customer Reviews

Angiotensin-receptor blockers (ARBs) have proven to have side effects down around the placebo

level for most people. This book does not even mention them even though the first, Losartan, came out in 1995 and is now available as a generic. Don't trust me. Do your own research but just be aware this book does not even mention this important class of drugs in chapter 31. The book had a second printing in 2001 so no excuse for this. That said, I learned much that was valuable from reading the book. For example, it pointed out that exercise involving several large muscle groups raises BP only slightly. It also pointed out that vigorous exercise and certain drugs may not play well together, e.g, Beta blockers and diuretics. You just have to read widely to get complete information no matter what the subject.

Has a lot of good info to get yourself started on the right track to taking care of hypertension the natural way.

Interesting read, no if I would only do what it says!

This book arrived very well packed and in excellent condition. I am very pleased to add this to my library of natural health.

This an excellent book for anyone wishing to control or prevent high blood pressure without prescription drugs. All Rx drugs are fraught with side effects and are best avoided if it is possible. Robert Rowan, M.D., is clinical professor at New York University Medical School. Hypertension is called the silent killer because there are often no symptoms at all. Even moderately high pressure can cause harm. The first sign or warning you may get is a heart attack or stroke. And nobody wants that. In his book, Rowan describes and explains hypertension and what happens when you have it. He then explains how diet and life style could be causing it to occur. Even simple steps like the right diet, the avoidance of sodium as well as the right type of exercise can reduce it or eliminate hypertension altogether. In part 1V he discusses drugs, herbs, vitamins and minerals that can be used to lower pressure. Lastly, he offers recipes conducive to having low or normal pressure. I found this book to be both interesting and informative. I plan to use the book to lower my pressure and maintain my good health. All the information is here, all I need do is follow his informed advice.

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