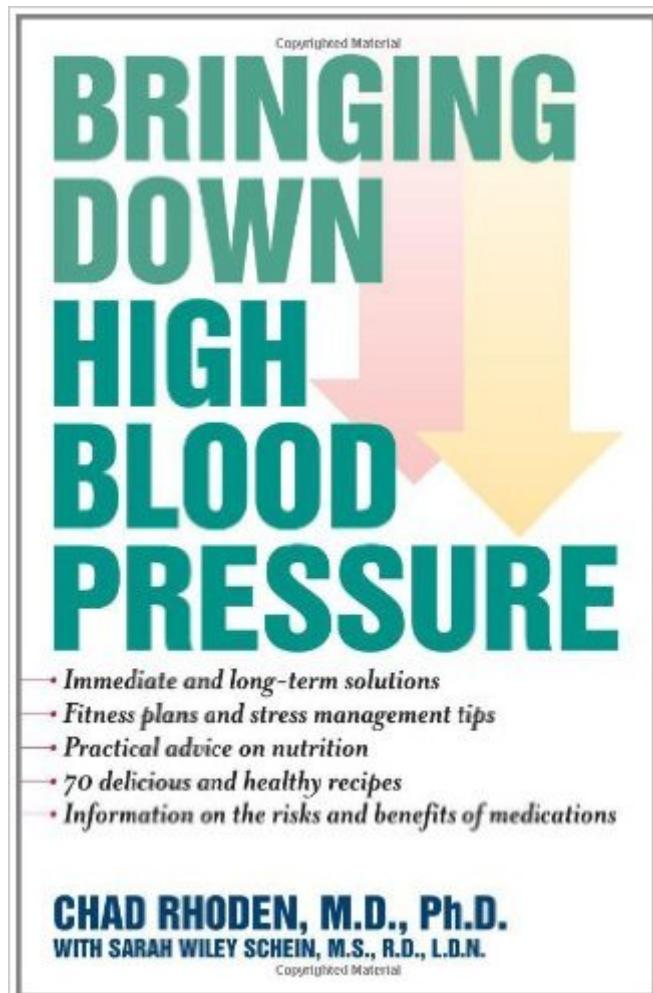


The book was found

# Bringing Down High Blood Pressure



## Synopsis

Bringing Down High Blood Pressure offers readers straightforward solutions they can incorporate into their lives both immediately and long term. The authors focus on factors readers can change, including diet and nutrition, weight loss, exercise, binge eating, alcohol, tobacco and drug use, emotional wellness and stress management. Additionally, the book provides in-depth discussion of the risks and benefits of medications and when lifestyle changes may allow an individual to reduce or eliminate medication. Dr. Rhoden also weighs in on alternative therapies for reducing blood pressure. Sarah Schein brings her dietary expertise to the table with practical advice on nutrition, tips for healthy food selection and preparation, and 70 tantalizing recipes, each with its own nutritional breakdown.

## Book Information

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Average Customer Review: 4.8 out of 5 starsÂ  See all reviewsÂ  (8 customer reviews)

Best Sellers Rank: #1,988,547 in Books (See Top 100 in Books) #83 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure #922 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #2517 inÂ  Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

## Customer Reviews

If you are searching around on for a book that will lead you through the process of lowering your blood pressure, look no farther. This book guides you step by step on how to accomplish this. Heart disease kills more Americans than any other cause of death-1.5 million deaths annually in the U.S. Did you know that cardiovascular disease claims about as many lives as the next five leading causes of death combined? The major preventable causes of blood pressure are obesity, lack of exercise, tobacco abuse, excess alcohol abuse, and an unhealthy diet. The book takes you through how to make changes in all of these areas to lower your blood pressure naturally. The book recommends the DASH diet which encourages the eating of whole, natural foods and lowering

consumption of red meats, sweets, and sugar to reduce weight, along with 70 healthy recipes. It also explains how being physically active is one of the most important things you can do to prevent or control high blood pressure. It recommends both cardiovascular exercise and muscle-strengthening. It explains the effects that tobacco, alcohol, caffeine, and stress has on your blood pressure and why it is so important to change these habits and behaviors. You will be told to limit sodium intake to less than 2,300 milligrams per day. The book covers all the bases discussing medications that can be taken, the danger of high stress, alternative therapies and much more. If your doctor told you to lower your blood pressure then get serious, get this book, and take the necessary actions. High blood pressure is very serious and can kill you. This is your map to lowering your blood pressure to a safe level.

Recently found out I have high blood pressure and was put on meds. I wanted to start reading how I can help control it. This book gave me the information I needed and very easy to understand. Gave some great ideas and tips for exercise and what you need to be eating to lower high blood pressure. Plus had some very easy recipes! This is one book I am keeping in my library and following.

Are you or someone you know dealing with high blood pressure? If you answered yes, you need this book. It gives you step by step instructions on how to lower your blood pressure and lower your risk of heart disease, which claims many many lives. Some of the major causes of high blood pressure are obesity, smoking, alcohol, stress, eating unhealthy and not exercising enough. You can greatly lower your numbers simply by exercising (including walking) and eating a low sodium diet. There are chapters on exercise, diet, medication, stress, superfoods, vitamins and more. This book gives you very clear options to lower your blood pressure. There are 70 recipes included in the book and they all look yummy and very easy to make. I would recommend this book to anyone dealing with high blood pressure.\*Thanks to Planned Television Arts for this review copy\*

The subject matter was covered thoroughly, and the inclusion of recipes was helpful. Easy to read. I did get bored with some of the anecdotal stories.

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