

The book was found

The K Factor



Book Information

Paperback: 431 pages

Publisher: Pocket (July 1, 1987)

Language: English

ISBN-10: 0671639838

ISBN-13: 978-0671639839

Product Dimensions: 6.7 x 4.1 x 1.2 inches

Shipping Weight: 8 ounces

Average Customer Review: 5.0 out of 5 stars See all reviews (4 customer reviews)

Best Sellers Rank: #2,555,769 in Books (See Top 100 in Books) #104 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure

Customer Reviews

Written so that "regular folk" can understand it, The K Factor tells you how to lower your blood pressure and feel better right away. Not wanting the side-effects of medication to control my hypertension (which had reached 185/99) I searched for natural remedies. This book tells it all, naturally. There are even lists of what you CAN eat (and cannot) and still keep the pressure down. My heart feels healthier, I have no more headaches, more energy, and a much better disposition since I started controlling my K factor to lower my pressure (which now averages 127/79). Every hypertension patient should read this book.

I read this book more than 20 years ago and followed it religiously for 9 months. I was able to eliminate my medications for high blood pressure as a result (no restaurant food during that time). Then was able to slowly add small amounts of sodium containing refined foods without raising blood pressure. An excellent book! Only now is this information becoming mainstream in the medical profession.

Everyone healthy or not should read this book. It addresses root cause of high blood pressure with scientific evidence. You can help someone among your friends, relatives and family by guiding them in the right direction.

I've bought a few of this book to give to my family members and friends over the years because it worked so well for me.

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

Red Smoothies: 2 Manuscripts - Red Smoothie Detox Factor (Vol.1) + Red Smoothie Detox Factor (Vol. 2 - Superfoods Red Smoothies) The Fred Factor: How Passion in Your Work and Life Can Turn the Ordinary into the Extraordinary Red Smoothie Detox Factor: 35 Nourishing Red Smoothie Detox Recipes To Clean Your Gut, Help You Lose Weight And Feel Amazing In Under 30 Days! iOS Wow Factor: UX Design Techniques for iPhone and iPad The College Fear Factor: How Students and Professors Misunderstand One Another Aircraft Cabin: Managing the Human Factor The Human Factor: Revolutionizing the Way People Live with Technology The Prosperity Factor: How to Achieve Unlimited Wealth in Every Area of Your Life The High Blood Pressure Solution: Natural Prevention and Cure With the K Factor La solucion para la hipertension: Prevencion y cura natural con el factor K The K Factor: Reversing and Preventing High Blood Pressure Without Drugs The K Factor The Inflammation Cure : How to Combat the Hidden Factor Behind Heart Disease, Arthritis, Asthma, Diabetes, & Other Diseases Multi-factor Models and Signal Processing Techniques: Application to Quantitative Finance The Vitamin E Factor: The Miraculous Antioxidant for the Prevention and Treatment of Heart Disease, Cancer, and Aging Shameless (The Finn Factor Book 6) Vitamin C: The Real Story: The Remarkable and Controversial Healing Factor The eXercise Factor: Ease Into the Best Shape of Your Life Regardless of Your Age, Weight or Current Fitness Level Bonds of Silk: The Human Factor in the British Administration of the Sudan (African Series) The Wow Factor: Insider Style Secrets for Every Body and Every Budget