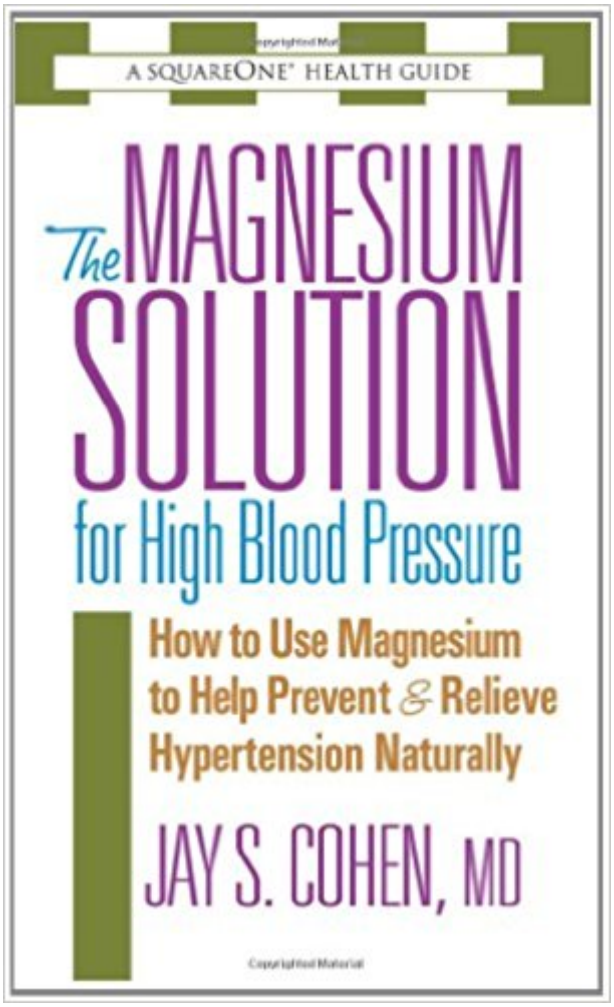
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The Magnesium Solution For High Blood Pressure (The Square One Health Guides)



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Synopsis

Written by health professionals who are well recognized in their respective fields, these concise, easy-to-read books focus on a wide range of important health concerns. From migraine headaches to high cholesterol, each title looks at a specific problem; each provides a clear explanation of the disorder, its causes, and its symptoms; and each offers natural solutions that can either greatly reduce or completely eliminate the problem. Some titles also focus on natural alternatives to drugs with serious side effectsÃ¢â ¬â ¢alternatives that in many cases can be used in conjunction with prescription medications. This growing series of titles can be counted on to provide safe and sensible solutions to all-too-common health problems.Ã Â

Book Information

Series: The Square One Health Guides
Mass Market Paperback: 96 pages
Publisher: Square One (May 1, 2004)
Language: English
ISBN-10: 0757002552
ISBN-13: 978-0757002557
Product Dimensions: 4.1 x 0.2 x 6.9 inches
Shipping Weight: 4 ounces (View shipping rates and policies)
Average Customer Review: 4.4 out of 5 stars 172 customer reviews
Best Sellers Rank: #45,733 in Books (See Top 100 in Books) #7 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure #36 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #76 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies

Customer Reviews

"A timely rebuttal to the pill-first argument."Ã Â (ForeWord Reviews)

Jay S. Cohen, MD, is an Associate Professor (Voluntary) of Family and Preventive Medicine at the University of California, San Diego. Dr. Cohen is a widely recognized expert on prescription drugs and their natural alternatives. He has published scientific papers in leading medical journals and has written articles for Newsweek, Bottom Line Health, and Life Extension Magazine. A highly sought-after speaker, Dr. Cohen is also the founder of the Center for the Prevention of Medication Side Effects, which offers commentary on current issues in medical care.

this is a terrific book .. one of the very few which is both accurately written with references and disciplined

A bit shallow. Everything can be solved with Mg...

Easy read and info from someone who is experienced in the field. Valuable and helpful info to use forindividuals with high B/P. Would recommend this.

Short read with actual data to substantiate claim.

This book is excellent for anyone who has High blood pressure.

Easy read very helpful.

Helpful I have started taking it and gradually increasing the amount. It seems to be helping.

This book is informative! I really like Dr Jay Cohen, the author. He tells his story of his sickness and all the traditional medicine he took for years, and then how he found that magnesium was his answer. He’s very honest, knowledgeable, and approaches the subject with his expertise in medicine. I also like the fact he tells you what kind of magnesium he feels works best and the dosage. He also is frank in saying it works for alot of people but not everyone. I respect his research and his opinion. I would recommend this book to anyone who is searching for alternative answers to traditional medicine!

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Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series Book 2) The Magnesium Solution for High Blood Pressure (The Square One Health Guides) BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) HIGH BLOOD PRESSURE: Blood Pressure Solution: The Step-By-Step Guide to Lowering High Blood Pressure the Natural Way, Natural Remedies to Reduce Hypertension Without Medication Blood Pressure: Blood Pressure Solution: The Step-By-Step Guide to Lowering High Blood Pressure the Natural Way in 30 Days! Natural Remedies to Reduce Hypertension Without Medication 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) Blood Pressure Solution: How to lower your Blood Pressure without medication using Natural Remedies (Natural Remedies, Blood Pressure, Hypertension) Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating) Blood Pressure Solution: How To Prevent And Manage High Blood Pressure Using Natural Remedies Without Medication The Blood Pressure Solution: 40 Natural Ways To Lower Your Blood Pressure Without Drugs or Expensive Procedures (Natural Health Guide Book 1) High Blood Pressure Explained: Natural, Effective, Drug-Free Treatment for the Ã¢â ¬Å“Silent KillerÃ¢â ¬Â•: (Blood Pressure, Hypertension, Heart Health, Naturopathy, Natural Remedies) Blood Pressure Solution: How to lower your Blood Pressure without medication using Natural Remedies Blood Pressure Solution: The Path to Naturally Lower and Control your Blood Pressure, Without Medication Cardiovascular Disease: Fight it with the Blood Type Diet: The Individualized Plan for Treating Heart Conditions, High Blood Pressure, High ... (Eat Right 4 (for) Your Type Health Library) High Blood Pressure: How to Lower Blood Pressure Naturally and Prevent Heart Disease High Blood Pressure: Lowering the Blood Pressure Naturally

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