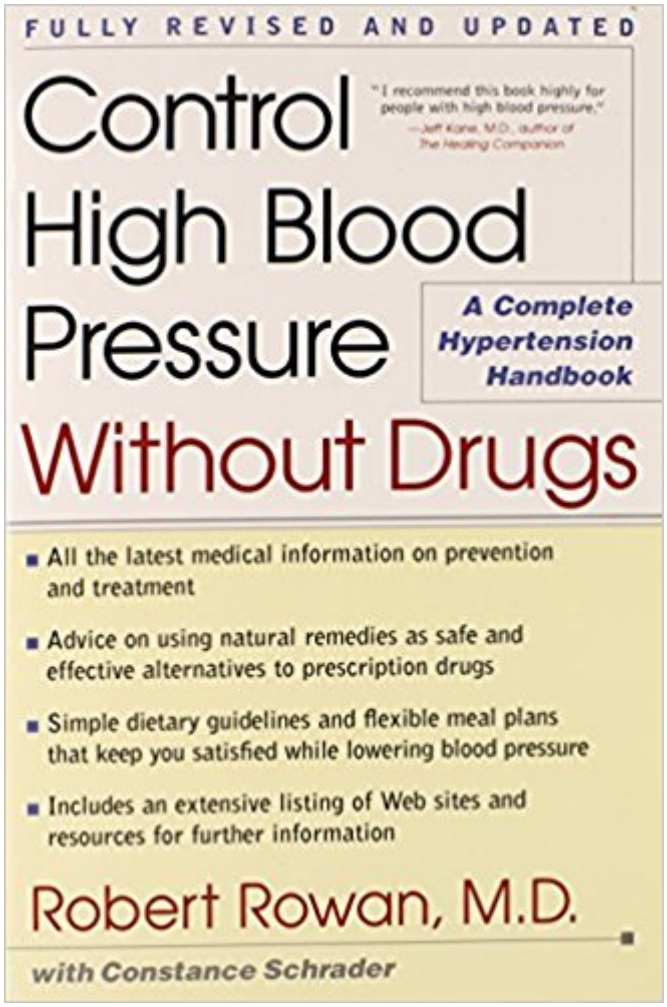
Ebook Directory
the best source of ebook

The book was found

Control High Blood Pressure Without Drugs: A Complete Hypertension Handbook



PDF
Adobe
DOWNLOAD EBOOK

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 techniquesÃ¢â ¬â •from acupuncture to biofeedback to aromatherapyÃ¢â ¬â •that can relieve stress and lower blood pressure -Natural hypotensive therapies, exercises, and foodsÃ¢â ¬â •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

Paperback: 368 pages

Publisher: Touchstone; Revised and Updated ed. edition (May 15, 2001)

Language: English

ISBN-10: 0684873281

ISBN-13: 978-0684873282

Product Dimensions: 6.1 x 1.1 x 9.2 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 6 customer reviews

Best Sellers Rank: #1,422,204 in Books (See Top 100 in Books) #74 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure #664 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #21763 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine

Customer Reviews

Jeff Kane, M.D. author of The Healing Companion I recommend this book highly for people with

high blood pressure.Suzanne M. Schweikert, M.D. author of The Pregnant Traveler A refreshingly commonsense approach to this deadly disease.

Robert Rowan, M.D., is a clinical professor at New York University Medical School and the coauthor of two other books. He lives in New York City.

This an excellent book for anyone wishing to control or prevent high blood pressure without perscription drugs. All Rx drugs are frought 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 symptons 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.

This had some good advice, but most of what is in this book I’ve read elsewhere for free.

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

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

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.

Download to continue reading...

Blood Pressure: High Blood Pressure, Its Causes, Symptoms & Treatments for a long, healthy life.: Plus 9 Free Books Inside. (Blood Pressure, High Blood ... Hypertension, Blood Pressure Solutions.) Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1) High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High Bl) Blood Pressure: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood Pressure and Reducing Hypertension (Blood Pressure Series Book 1) Blood Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series Book 2) 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 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) Blood Pressure Solution: How to lower your Blood Pressure without medication using Natural Remedies (Natural Remedies, Blood Pressure, Hypertension) Control High Blood Pressure Without Drugs: A Complete Hypertension Handbook 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) Hypertension and You: Old Drugs, New Drugs, and the Right Drugs for Your High Blood Pressure 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 Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating) Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks--Without Prescription Drugs The Blood Pressure Solution: 40 Natural Ways To Lower Your Blood Pressure Without Drugs or

Expensive Procedures (Natural Health Guide Book 1) Lower Your Blood Pressure Naturally: Drop Pounds and Slash Your Blood Pressure in 6 Weeks Without Drugs The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without drugs, ... and Stay healthy for life! (EverythingÃ Â®) The Blood Pressure Cure: 8 Weeks to Lower Blood Pressure without Prescription Drugs Lower Blood Pressure Without Drugs, Second Edition: Curing Your Hypertension Naturally

Contact Us

DMCA

Privacy

FAQ & Help