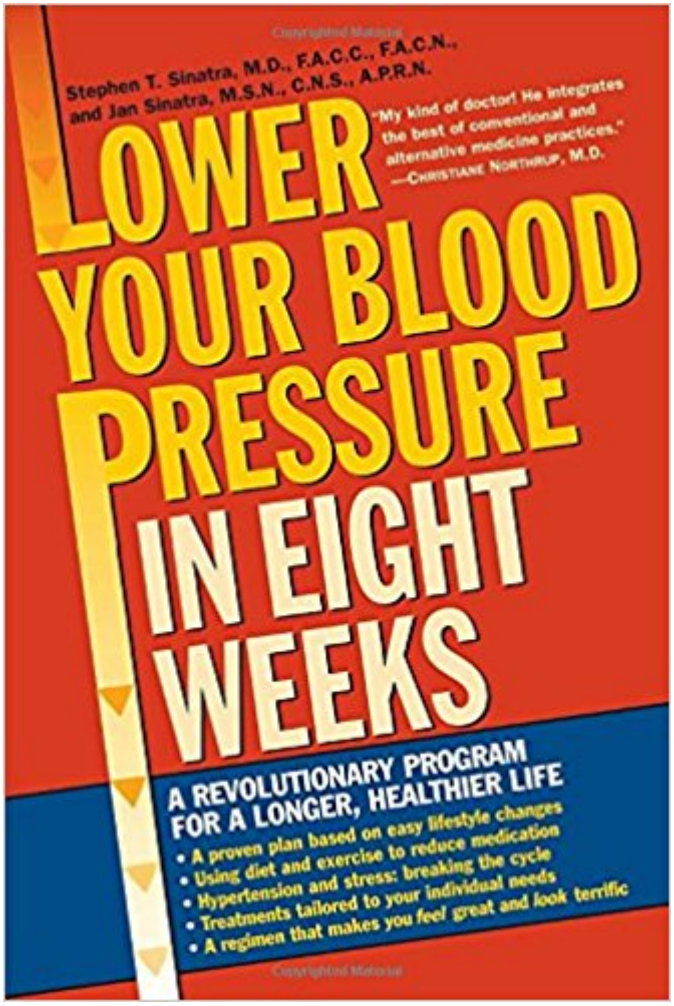
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Lower Your Blood Pressure In Eight Weeks: A Revolutionary Program For A Longer, Healthier Life



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Synopsis

The numbers speak for themselves. More than 50 million Americans suffer from high blood pressureÃ¢â ¬â •and yet despite the billions we spend on medication, the death rate from high blood pressure has risen 36 percent in the past decade. Clearly, the time has come for a radical new treatment plan. And thatÃ¢â ¬â„¢s exactly what Dr. Stephen T. Sinatra delivers in this invaluable new book. All too often people with high blood pressure get the same frustrating advice from their doctors: lose some weight, lay off the salt, and fill a bunch of prescriptions. One of the nationÃ¢â ¬â„¢s leading authorities on cardiovascular disease, Dr. Sinatra offers a different approach. Through an eight week plan that takes into account your lifestyle, medical history, and special needs, this book will dramatically lower your blood pressure while at the same time reducing or even eliminating your need for medications. Inside you will discoverÃ¢â ¬Â¢ How to diagnose high blood pressure and get the help you need fastÃ¢â ¬Â¢ A meal-by-meal diet plan you can start following todayÃ¢â ¬Â¢ The relationship between hypertension, cholesterol, heart disease, and strokeÃ¢â ¬Â¢ The special risk factors for women, the elderly, and African AmericansÃ¢â ¬Â¢ Easy, enjoyable exercises you can make part of your daily routineÃ¢â ¬Â¢ How dietary supplements work and which ones are best for youÃ¢â ¬Â¢ Which medications to useÃ¢â ¬â •and which to avoidÃ¢â ¬Â¢ Finding the stress-reduction program that works for youClearly written, user friendly, grounded in science and common sense, and full of inspiring case histories and delicious recipes, Lower Your Blood Pressure in Eight Weeks is the one book that deals with all the factors involved in hypertension. This program has worked wonders with hundreds of Dr. SinatraÃ¢â ¬â„¢s patients. Now it will do the same for you!

Book Information

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Customer Reviews

Dr. Sinatra (Heart Sense for Women and Optimum Health) offers a tightly focused program designed to reduce blood pressure in a very short time period. He first offers an overview of hypertension and its causes-primarily excessive salt intake, lack of exercise and weight gain. In his studies, Sinatra found that the American Heart Association's "heart healthy" (low fat, high carb) diet led to insulin resistance, weight gain and higher cholesterol levels. As an alternative, Sinatra devised what he calls a Pan-Asian/Modified Mediterranean diet with olive oil, fruit, vegetables along with soy and rice. The sensible diet will require people to give up many foods including hard cheese, white flour products including cereal, bread, pasta, etc. Along with these dietary changes, the program also includes medication and/or nutritional supplements, as well as exercise and stress reduction techniques. Sinatra insists, "treating your high blood pressure is not just about taking pharmaceuticals. In reality, it's a total lifestyle change and commitment." The program, while not easy to follow, is clearly explained and the book includes both meal plans and recipes. For patients willing to change their current eating and exercise patterns to lower their blood pressure, this is an excellent resource. Copyright 2002 Reed Business Information, Inc.

'My kind of doctor! He integrates the best of conventional and alternative medical practice' Dr Christiane Northrup --This text refers to an out of print or unavailable edition of this title.

Dr. Sinatra has written a cardiologist's masterpiece...! So many major textbooks for the public and for physicians like myself are now in the marketplace...but Dr. Sinatra's are the most comprehensive, easy-to-read, encouraging and practical that I've seen.Hypertension is often just a part of a much larger condition known as metabolic syndrome, which is a group of metabolic risk factors found in one person that include Insulin resistance, Abdominal fat, High triglycerides, High LDL and low HDL cholesterol, Elevated blood pressure and more. Dr. Sinatra handles each of these subjects beautifully and practically, giving the reader the best information in the easiest way to understand.It is important to determine if hypertension is part of the metabolic syndrome because people with metabolic syndrome are more likely to have a heart attach, stroke, develop heart disease, and type II diabetes. Other conditions associated with metabolic syndrome are sleep apnea, dementia with aging, and cognitive decline in the elderly.Highly Recommended!Applied Kinesiology Essentials: The Missing Link in Health Care

This is an excellent book for us lay people who need help with blood pressure issues. Especially when we don't get very good advice or guidance from doctors. Dr Sinatra is a brilliant man who has researched this undwer medical guidelines. His protocol works. We need to inform our medical care providers and doctors to read Dr Sinatra's books. Drugs are not the answer most of the time.

This dr has more complete information on how the heart functions and what helps to make it healthy. I don't buy his vitamins. They don't have good reputation. But you can't go wrong on this or any of his books. My wife is doing better after following his advice and we both do his advice on nutrition

Following Dr Sinatra's recommendations on supplements and diet I was able to achieve normal 120/70 readings in about 4 weeks, and drop my BP medication. Keep in mind that I was already eating well and excersising but his advice on natural supplements and food is right on and it works.

I have been very impressed with Dr. Sinatra's books. Since my husband has problems with blood pressure and has bad side effects with high blood pressure medications, I have been searching for ways to help him lower his blood pressure naturally. Dr. Sinatra's books have provided me with so much information in a format that I can easily understand. I also recommend THE GREAT CHOLESTEROL MYTH by Dr. Sinatra.

.. not only for this book... but for his knowledge on so many other topics. I first came across him in Suzanne Somers book "Knockout" and it sure sounded like he knew what he was talking about. The only thing I dislike about him.. is that if you write to him about something he has written.. he throws the same old story at you... they write, "See your doctor".. just what I was trying to avoid!!

Eight weeks ago I was diagnosed with isolated systolic hypertension (BP 160/64). I was already doing some of the book recommendations before I read it. Then I started on the full program right away. Now my resting BP is running 115/68 to 120/75 and my weight went from 160lbs to 150lbs. While I did NOT feel poorly eight weeks ago, I now feel unbelievably GREAT. I will be 70 years young in September 2008.I think I should also report that my physician put me on ZOLOFT 100MG DAILY eight weeks ago. This reduced anxiety and depression and may have helped reduce my BP.

Certainly didn’t work for me.

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