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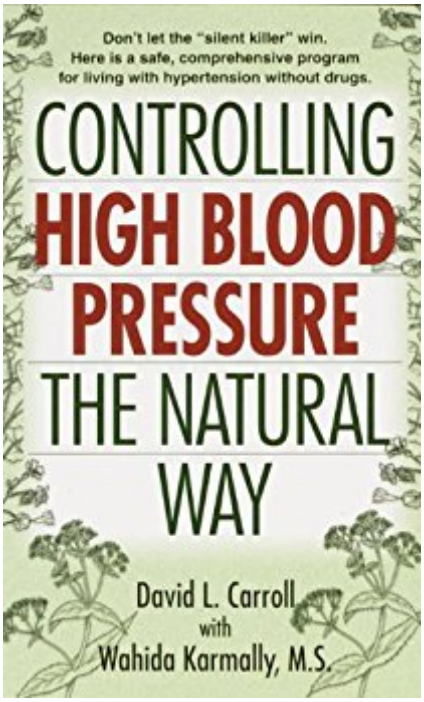
Controlling High Blood Pressure The Natural Way



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Synopsis

Of the countless ailments that rack the human machine,high blood pressure is one of the easiest to preventand one of the most responsive to treatment.Who gets high blood pressure? Should you panic if you or someone you love develops hypertension? How can you help yourself, even if you’re in a high-risk group?High blood pressure is commonly the result of an unhealthy lifestyle, and it can almost always be controlled--without debilitating medications--simply by eating the right foods, taking the proper herb and vitamin supplements, getting the correct types of exercise, and practicing such stress-reducing techniques as meditation, visualization, tai chi, and yoga. This book gives you a firm grip on all these tools. Start using them today to build yourself a healthy, circulation-friendly life.FEATURING:- A triple-threat healing program that not only revitalizes your circulation system but also boosts your overall health- A thirty-day food regimen--ninety full menus for breakfast, lunch, and dinner, plus many recipes for delicious foods to eat as you control hypertensionFrom the Paperback edition.

Book Information

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Customer Reviews

Very Enlightening information about the causes of H.B.P. The ways to control it naturally with examples of what foods to eat, meditation, relaxing techniques and exercise. Plus as 30 day diet plan to help lower H.P.B.

Not very well written.

Good book, I am using many of the recommedations, and have some good results. My big problem is stress, last week on vacation Blood pressure was much better. Job is the problem with 50% of the blood pressure problem. I now know that for a fact and this book cannot correct that problem. But it has helped.

it ok

Definitely worth the money. The book states the facts and really gets to the point of what needs to be done in order to lower blood pressure. It also provides recipes and food ideas.

helpful

This time I viewed this book on line I got hooked .it is very very informative and just the thought that iT mention garlic in there when my blood pressure was off to the roof and I'm like oh my goodness and I took the garlic and it was a lifesaver so thanks to this book and a whole lot more of informative's in there.

no issues

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