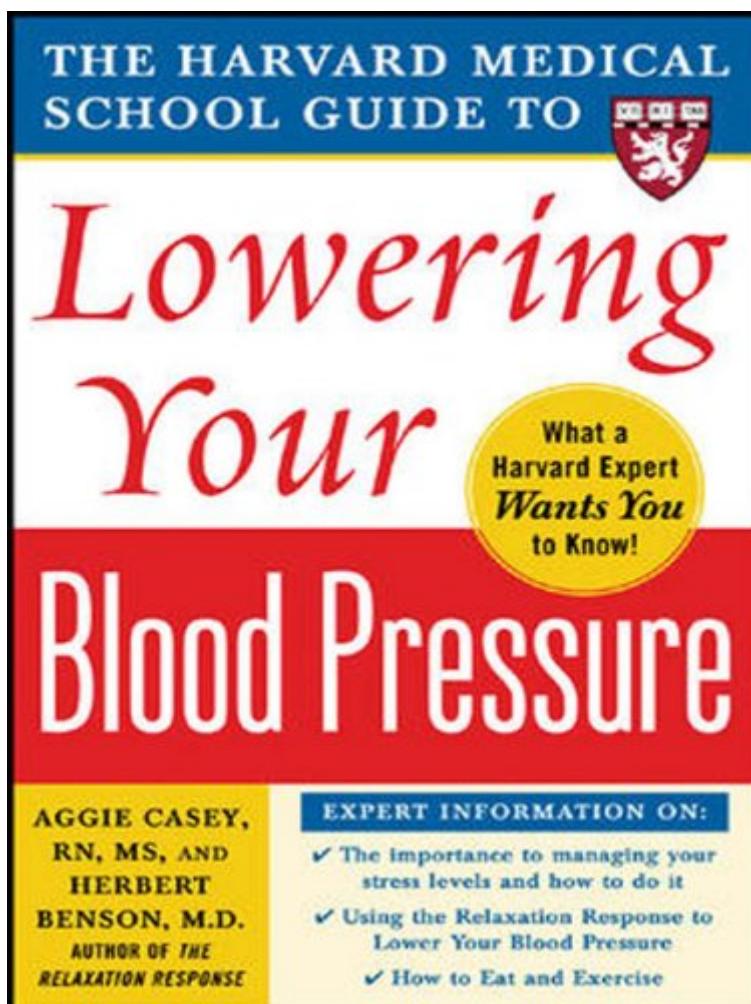


The book was found

Harvard Medical School Guide To Lowering Your Blood Pressure (Harvard Medical School Guides)



Synopsis

An innovative approach to lowering blood pressure that builds on the national bestseller The Relaxation Response. For the 100 million people worldwide dealing with high blood pressure, bestselling author Dr. Herbert Benson and cardiac wellness expert Aggie Casey have created a proven plan for lowering blood pressure. Based on the groundbreaking work done at the Mind/Body Medical Institute, the authors' program goes beyond advice about nutrition and exercise to incorporate a proven stress-management program--including the relaxation response.

Book Information

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Customer Reviews

Let me begin by stating that the amount of knowledge that you already have regarding high blood pressure will greatly affect how much you gain from reading this book. Over half of this book covers very basic information regarding blood pressure; For example, what is blood pressure, what is a normal blood pressure reading, the difference between high blood pressure and hypertension, the

co-relation between sodium consumption and blood pressure, etc. If you don't have some or any of the information regarding these topics, then you will surely gain a lot of knowledge and will really enjoy reading this book. If you know most or all of these topics already, then you will gain nothing from over half of the book. Now, the other half of the book centers around concrete examples on how you can lower your blood pressure, using a three step approach. The three-step approach, as you would imagine, is composed of stress management, diet, and exercise. I personally gained a world of knowledge on the stress management section, since I already had a lot of the knowledge regarding how diet and exercise affect blood pressure. Although this review might sound like I didn't like this book, that is not the case. I simply had done a lot of research on my own, and found a lot of the information that I already knew in this book. However, I did encounter plenty of information that will help me to continue to keep my blood pressure at regular levels. I especially recommend this book for anyone that has recently been diagnosed with high blood pressure, especially as an initial research tool.

This book covers all the important health areas where improvement in health is achievable. It offers several choices in each area rather than the more common dogmatic approach found in books that say: "my revolutionary new discovery will save your life. Obey!" There are some areas where all the current health and nutrition debates aren't covered. But unless your BMI is 24, you don't have to wonder about them till you get there. The program here is intelligent and practical. Read the book. Consider the options. Pick a set that you think will work for you. Discuss with your health care provider (optional unless you want/need to change meds or get advice on exercising). Then make a table and chart your progress. This will help you stay with the program. Provide space to record your failures. They are inevitable. So consider them reminders to keep trying. You'll make it as long as you just stick with it. Just keep getting back on your program even if you fall off every other day. When you get to the point you actually see some progress, you will want to stick with it. Review the book occasionally to vary your program and maintain it. When you succeed, you will be able to stop most of your meds; stop worrying; and enjoy your life.

This book might have a lot that you've been told but the reassurance, extra help and information may really add years that \$13 won't ever get you. I never add reviews but this was an important time to take. Hope it helps you. This book + Kindle = WIN

This book is excellent. People giving this guy a 4 star review should go back and learn how to

impartially review stuff. This book should be judge on its content and how useful it is not judged on things the author had no control over, like how much if this information you already knew or some other abstract idea you happen to have running around in your mind. That is unfair and probably cost the author some sales when people can't rate things impartially and on its own merits.

This book offers wonderful suggestions to help reduce high blood pressure, reduce stress in your life. This book was suggested to me by a doctor. I have utilized some of the ideas and find my bp is slowly gdting better.

This provides a useful guide to laymen who are afflicted with high blood pressure and those who would like to avoid it.

A lot of info here. Some I already knew but there was still quite a bit here to help out. Yes some problems are heredity related but many of the tips hopefully will help. The book is written in a very easy to understand format and any medical terms are very clearly defined in a very in depth glossary.

This was a helpful book to obtain information about High Blood Pressure, causes, and tips to reduce. I was looking for ways to help my husband in his need to lower his blood pressure. He is dragging his feet but now I have information to motivate him.

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Harvard Medical School Guide to Lowering Your Blood Pressure (Harvard Medical School Guides)
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) 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 Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Pressure Cooker: Mouthwatering Pressure Cooker Recipes - Granny's Pick Size L Recipes Collections(Pressure Cooking, Pressure Cooker Books, Pressure Cooker Recipe Book, Pressure Cooker Dump Dinner) Blood Pressure Box set: Blood Pressure Solution - How To Lower Your Blood Pressure & Cholesterol Without Medication, Just By Using Natural Remedies and Diet! Blood Pressure Solutions: Blood Pressure: 28 Super-foods that will naturally lower your blood

pressure (super foods, Dash diet,low salt, healthy eating) Harvard Medical School Guide to Healing Your Sinuses (Harvard Medical School Guides) Pressure Cooker Cookbook: 3 In 1 Box Set - 310 Mouth-Watering and Healthy Pressure Cooker Recipes for Stove Top and Electric Pressure Cookers (Pressure Cooker, Pressure Cooker Recipes) Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet, the blood sugar solution,) Harvard Medical School The Joint Pain Relief Workout: Healing exercises for your shoulders, hips, knees, and ankles (Harvard Medical School Special Health Reports) The Harvard Medical School Guide to Achieving Optimal MemoryÂ [HARVARD MEDICAL SCHOOL GT ACHI] [Paperback] Harvard Medical School Living Wills: A guide to advance directives, health care power of attorney, and other key documents (Harvard Medical School Special Health Reports) Heal Your Aching Back: What a Harvard Doctor Wants You to Know About Finding Relief and Keeping Your Back Strong (Harvard Medical School Guides) Cooking Under Pressure -The Ultimate Electric Pressure Recipe Cookbook and Guide for Electric Pressure Cookers.: New 2016 Edition - Now Contains 250 Electric Pressure Cooker Recipes. The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without ... Boost your energy, and Stay healthy for life! Pressure Cooker Cookbook: 370 Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals (Pressure Cooker, Eletric Pressure Cooker Cookbook) PRESSURE COOKER: The Ultimate Cookbook for Easy and Delicious Recipes (Pressure cooker cookbook, pressure cooking, easy meals, soups, electric pressure cooking) Cholesterol: Cholesterol Lowering Guide To How To Lower Cholesterol Naturally And Reduce High Cholesterol With Cholesterol Lowering Strategies To Lower ... Lower Cholesterol (Coronary Heart Disease) Cholesterol:The Great Cholesterol Hoax: Why Cholesterol Lowering Drugs Won't Help You Live One Day Longer And Drug Companies Know It (Cholesterol diet, ... Cholesterol lowering foods, heart disease)

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