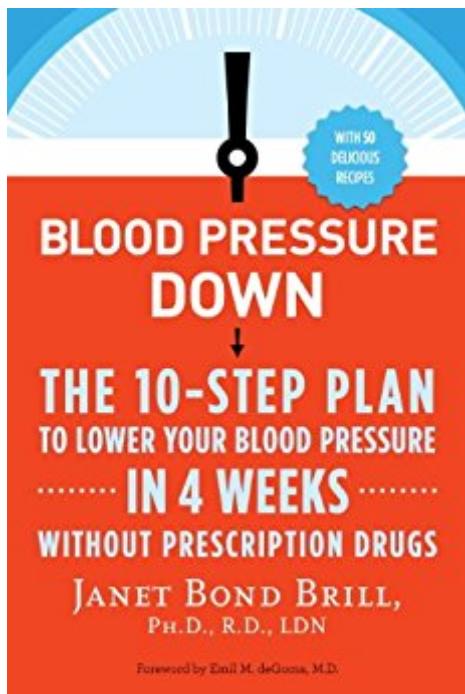


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# Blood Pressure Down: The 10-Step Plan To Lower Your Blood Pressure In 4 Weeks--Without Prescription Drugs



## Synopsis

For the nearly 78 million Americans with hypertension, a safe, effective lifestyle planâ "incorporating the DASH diet principles and much moreâ "for lowering blood pressure naturallyIf you have high blood pressure, you're not alone: nearly a third of adult Americans have been diagnosed with hypertension, and another quarter are well on their way. Yet a whopping 56 percent of diagnosed patients do not have it under control.â The good news? Hypertension is easily treatable (and preventable), and you can take action today to bring your blood pressure down in just four weeksâ "without the potential dangers and side effects of prescription medications.â Â Â Â Â In Blood Pressure Down, Janet Bond Brill distills what she's learned over decades of helping her patients lower their blood pressure into a ten-step lifestyle plan that's manageable for anyone. You'll:â Â Â Â Â harness the power of blood pressure power foods like bananas, spinach, and yogurtâ Â Â Â Â start a simple regimen of exercise and stress reductionâ Â Â Â Â stay on track with checklists, meal plans, and more than fifty simple recipesEasy, effective, safeâ "and deliciousâ "Blood Pressure Down is the encouraging resource that empowers you, or your loved ones, to lower your blood pressure and live a longer, heart-healthy life. From the Trade Paperback edition.

## Book Information

File Size: 6216 KB

Print Length: 352 pages

Publisher: Harmony; 1 edition (May 7, 2013)

Publication Date: May 7, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00A5MRFBU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #88,205 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #11 inâ Kindle Store > Kindle eBooks > Medical eBooks > Internal Medicine > Cardiology #14 inâ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure #27 inâ Kindle

## Customer Reviews

The author starts this book off describing the ways in which this topic has affected her personally. She lists family members who have died from stroke, kidney failure due to complications of high blood pressure and she includes details about her father's heart attacks. Brill delivers a couple of messages with this book, "High blood pressure is the most preventable cause of premature morbidity and mortality in the United States and the world, and that lifestyle therapy is the cornerstone of treatment of the disease." The author offers a lifestyle therapy that she believes can lower blood pressure in conjunction with prescription medications or without. At the heart of the book is the 10-step plan that, Brill writes, can work in four weeks. Readers will have to admit that this 10-step plan is one of the easiest plans to implement that's been offered in so many other self-help books. Here is a list of 5 of the 10 steps recommended by the author:

1. Lose five pounds
2. Cut the salt out of your diet
3. Eat bananas
4. Eat spinach
5. Eat yogurt

A few of the other steps include eat dark chocolate every day and drink red wine. She recommends readers have 2 tablespoons of natural, unsweetened cocoa powder or eat 1 or 2 squares of dark chocolate every day. While cutting out the salt may be the most difficult step, it would be tough for any reader to argue with those kinds of steps to lower blood pressure. The author does include warnings with some of the steps such as eating chocolate. She writes that chocolate is an "energy-dense food, meaning it carries a lot of calories in just a few bites."

Forgive my rush to the conclusion, spilling Dr. Brill's thesis first: Americans, and increasingly other peoples too, are just not conscious of what we put in our bodies. We eat packaged filth because it's easier than thinking about food or paying attention to health effects. We don't cook at home, and we don't ask about what goes into the recipe. As a result, hypertension now sits at epidemic levels. High blood pressure afflicts around a third of Americans. Worse, it's a ripple effect disease. People with hypertension have higher risk of heart disease, kidney disease, stroke, and certain cancers--many of the most common causes of preventable death. Doctors habitually treat hypertension with drugs, which aren't worthless, but don't do everything. According to Brill, solutions and preventions exist which don't involve costly medical interventions. I'm old enough to remember when everyone thought they could control blood pressure by watching their salt. But Brill, a nutritionist with specialization in cardiovascular disease, collates the latest science suggesting that salt is only one part of a much larger machine. Many of us regularly consume foods that, in small amounts, keep us

running, but in large quantities, bog us down. And we think we're eating healthy. For instance, what foods hit you with the greatest sodium content? Did you say potato chips or french fries? While nobody should mistake these foods for healthful, foods which taste salty are often a fairly low sodium risk, because sodium forms compounds besides salt. Most packaged bread and cheese contains more sodium than salty-tasting foods. Same with commercial sauces, marinades, and salad dressings. Many supposedly healthy foods are hypertension bombs.

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