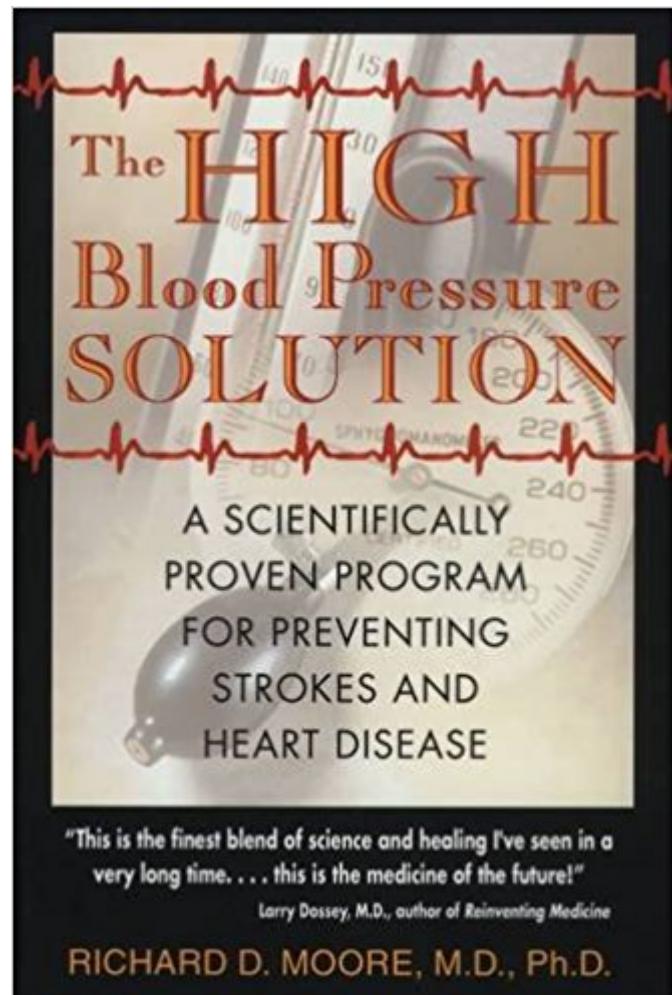


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The High Blood Pressure Solution: A Scientifically Proven Program For Preventing Strokes And Heart Disease



Synopsis

Proves that the majority of cases of stroke, heart attack, and hypertension can easily be prevented by maintaining the proper ratio of potassium to sodium in the diet. Updated with scientific evidence from a recent Finnish study showing a 60 percent decline in deaths attributed to strokes and heart attacks. Provides a comprehensive program for balancing body chemistry at the cellular level. High blood pressure is entirely preventable, without reliance on synthetic drugs. Dr. Moore's approach is simple: by maintaining the proper ratio of potassium to sodium in the diet, blood pressure can be regulated at the cellular level, preventing the development of hypertension and the high incidence of strokes and heart attacks associated with it. Dr. Moore updates this edition with a new preface reporting on the latest scientific research in support of his program. The most striking results come from Finland, where for several decades sodium chloride has been replaced nationwide with a commercial sodium/potassium mixture, resulting in a 60 percent decline nationwide in deaths attributed to strokes and heart attacks. Extrapolated to America, the Finnish statistics would mean 360,000 strokes prevented and 96,000 lives saved every year. Dr. Moore makes it clear that high blood pressure is only one symptom of an entire systemic imbalance. He outlines a safe, effective program that focuses on nutrition, weight loss, and exercise to bring the entire body chemistry into balance. For those currently taking blood pressure medications, he includes a chapter on working with your physician to ensure that any reduction in hypertension drugs can be effected gradually and safely.

Book Information

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Customer Reviews

Richard Moore's book, "The High Blood Pressure Solution," is by no means perfect. The text is repetitive at times, for example. And the dietary program he recommends is sound, but sketchy; you'll probably find yourself hunting for additional materials -- low salt cook books, for example -- to round it out. Despite that, I give this book 5 stars because it may just be one of the most important books of its kind ever written, a book that could conceivably save millions of lives if recognized and adopted worldwide. And there's every good reason why it should be: the science behind it is absolutely solid. Moore is not only a medical doctor, but ALSO a biophysicist, and this book well reflects that dual background. A little of my own history may be instructive here. I first developed Stage I / II hypertension in the late 1990s, and did little about it. In April of 2002, I was sent to the ER with hypokalemia (low potassium). From that time until now (July, 2007), I obtained effectively NO help from any of the six doctors I consulted. My current provider is terrific in most ways, but even her help on this has been marginal. My complaint with all these people: though they proudly display their medical degrees, NONE had the slightest clue why I had developed high blood pressure. Not one could explain the hypokalemia, or how it related to my hypertension. Only one ever so much as mentioned diet, saying "You've cut back on salt, right? Good." None had any better idea on treatment but to ply me with expensive drugs that inflicted unending and often brutal side effects. Only my current -- and very caring -- provider took the time to discuss exercise and the critical role it can play.

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