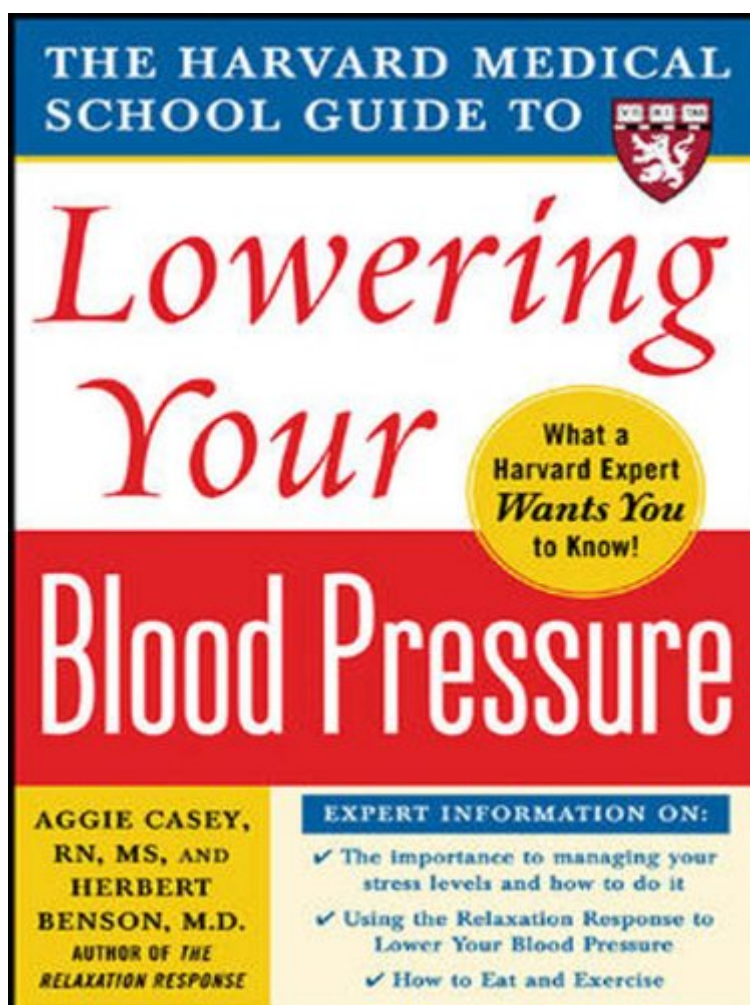


The book was found

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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> Heart Disease #489 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments >

Heart Disease

Customer Reviews

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 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 getting better.

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.

Could have been better,,,runs as well as yoga,,,,,,,too much meditation, not enough other HELPFULL hints.

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

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.

Good basic and well documented recommendations.

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DASH Diet Plan: Your Guide to Lowering High Blood Pressure (2nd Edition) Lower Your Blood Pressure Naturally: Drop Pounds and Slash Your Blood Pressure in 6 Weeks Without Drugs The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without drugs, ... and Stay healthy for life! (Everything®) Power Pressure Cooker XL Cookbook: The Quick And Easy Pressure Cooker Cookbook â “ Simple, Quick And Healthy Electric Pressure Cooker Recipes (Electric Pressure Cooker Cookbook)

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