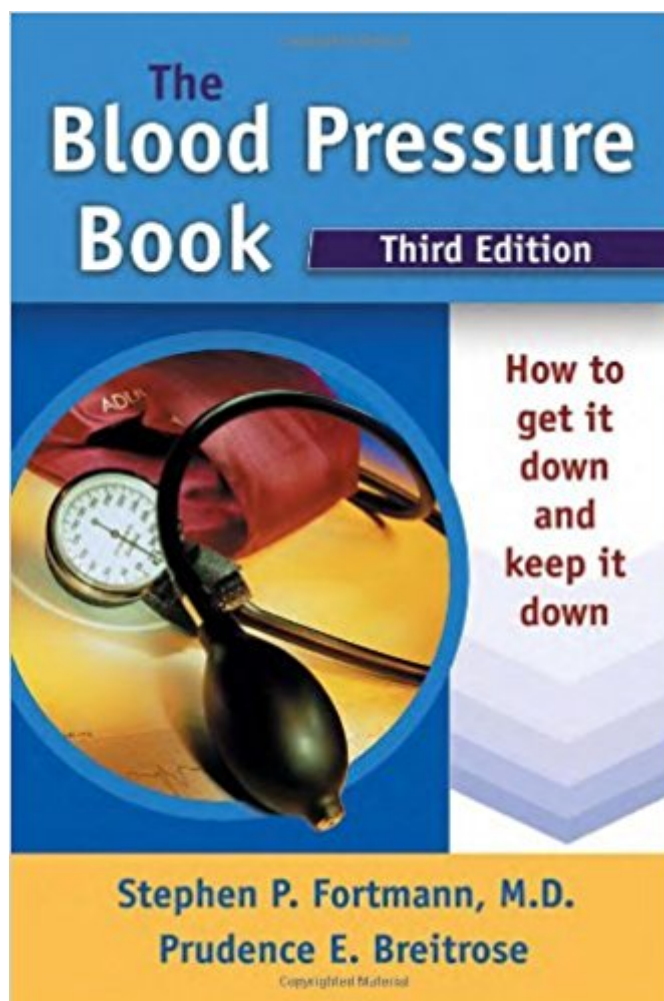


The book was found

The Blood Pressure Book: How To Get It Down And Keep It Down



Synopsis

Now in its third edition, this basic work explains the latest data on the effects of medication, diet, and exercise on blood pressure. It defines the essential terminology (such as diastolic and systolic), emphasizes stress reduction techniques, and offers science-based insight into the causes and control of this widespread condition.

Book Information

Paperback: 148 pages

Publisher: Bull Publishing Company; 3rd edition (April 1, 2006)

Language: English

ISBN-10: 0923521976

ISBN-13: 978-0923521974

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #605,859 in Books (See Top 100 in Books) #33 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure](#) #303 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease](#) #373 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Cardiology](#)

Customer Reviews

"Rather than simply informing people of their risks, and of the measures they should take, The Blood Pressure Book leads its readers into action. It enables them to develop their own custom-made blood pressure control program, step-by-step." — John W. Farquhar, MD, professor of medicine, Stanford University School of Medicine

Stephen P. Fortmann, MD, is the director of the Stanford Heart Disease Prevention Research Center at the Stanford University School of Medicine. Prudence Breitrose, MA, is an editor of health education materials and chief writer for the Stanford Heart Disease Prevention Research Center.

Great book

Any concerned about blood pressure will find Blood Pressure Book includes the latest new research and treatment methods, including new approaches to self-help. From effects of exercise, weight and

diet to learning stress reduction techniques, this provides excellent insights on the causes and control of high blood pressure.

[Download to continue reading...](#)

BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book)
Blood Pressure: High Blood Pressure, Its Causes, Symptoms & Treatments for a long, healthy life.: Plus 9 Free Books Inside. (Blood Pressure, High Blood ... Hypertension, Blood Pressure Solutions.)
Blood Pressure: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood Pressure and Reducing Hypertension (Blood Pressure Series Book 1) Blood Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series Book 2) Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1) 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) 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) Blood Pressure Solution: How to lower your Blood Pressure without medication using Natural Remedies (Natural Remedies, Blood Pressure, Hypertension) Blood Pressure: Blood Pressure Solution: The Step-By-Step Guide to Lowering High Blood Pressure the Natural Way in 30 Days! Natural Remedies to Reduce Hypertension Without Medication HIGH BLOOD PRESSURE: Blood Pressure Solution: The Step-By-Step Guide to Lowering High Blood Pressure the Natural Way, Natural Remedies to Reduce Hypertension Without Medication Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating) The Blood Pressure Book: How to Get It Down and Keep It Down Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks--Without Prescription Drugs Power Pressure Cooker XL Cookbook: The Quick And Easy Pressure Cooker Cookbook
Simple, Quick And Healthy Electric Pressure Cooker Recipes (Electric Pressure Cooker Cookbook) Power Pressure Cooker XL Cookbook: The Quick And Easy Pressure Cooker Cookbook
Simple, Quick And Healthy Electric Pressure Cooker Recipes (Electric Pressure Cooker Cookbook) (Volume 1) The Blood Pressure Solution: 40 Natural Ways To Lower Your Blood Pressure Without Drugs or Expensive Procedures (Natural Health Guide Book 1) 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! 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®) Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes, Diabetes Meal Plan) Blood Pressure Solution: The Path to Naturally Lower and Control your Blood Pressure, Without Medication

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)