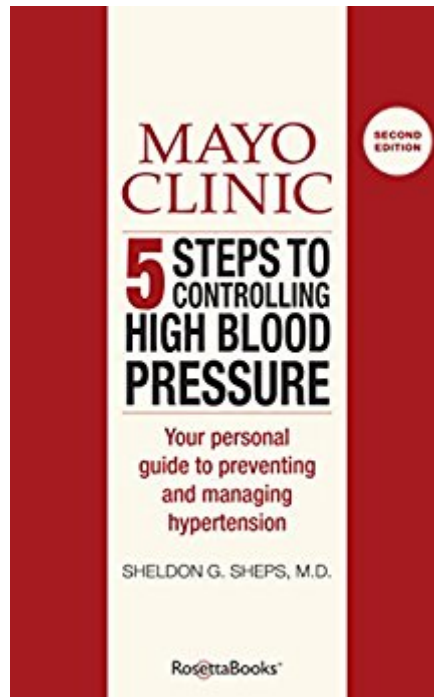


The book was found

High Blood Pressure



Synopsis

You play a vital role in managing your blood pressure and your overall health. The sooner you take advantage of simple steps to improve your lifestyle, the greater your chances of enjoying a long, productive life. This easy-to-use guide will help you understand the many issues related to high blood pressure and assist you in making essential treatment decisions...-Learn which single factor you can do the most about when it comes to influencing your blood pressure. This one step may be all it takes to lower your blood pressure and keep it under control.-You know that maintaining a healthy weight is important. And we know it's not easy. But losing as little as 10 pounds may reduce your blood pressure to a healthier level. This book offers practical help for meeting the challenge of achieving and maintaining a healthier weight.-There's a great alternative to blood pressure medications. This step may lower your blood pressure just about as much as " without the expense of prescriptions.-Did you know that your blood pressure goes down if you make your heart stronger? A strong heart exerts less force on arteries. You'll find dozens of tips to realize this goal.-Of all the issues related to high blood pressure, none is more debated than salt. But moderating salt consumption can benefit everyone, regardless of age, race, sex or health status. In this book, you'll learn how to manage your sodium intake and live a healthier life.-When changes in lifestyle aren't enough, today's medications offer effective blood pressure control while reducing your risk of other health concerns. Learn which medication, or combination of medications, may be best suited to your individual health needs and medical history.Order your copy today and take control!

Book Information

File Size: 7374 KB

Print Length: 177 pages

Publisher: RosettaBooks (December 4, 2015)

Publication Date: December 4, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B0193TEGZS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #316,759 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #39
inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure
#103 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments
> Heart Disease #260 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments >
Heart Disease

Customer Reviews

This book is a nice summary of the subject covering the technical background of high blood pressure as well as treatments-including diet and exercise and drug therapy. Although most of us have primary hypertension-caused by hereditary factors, some have secondary hypertension, ie as a symptom of underlying conditions. The book does name the two most common ones: renal artery stenosis (RAS), about 1/100 odds and pheochromocytoma, about 1/1000 odds. Those taking more than three meds to control high blood pressure should be evaluated for these conditions (though some say the odds are so low, the tests are not worth the cost).Most useful is the obesity table and the relationship that to lose wt, your daily calorie intake should be no more than 10 times your weight in pounds or 22 times your weight in kilograms.The book includes a well written overview of drug classes and how they are commonly used, which combinations are preferred. Nearly every commercial medication offered has clinical data showing that it saves lives under some circumstances. Those studies tend to encourage combinations of drugs-even more than does avoidance of unacceptable side effects. The drugs list seems current and up to date. But one should not rely on their brief summaries of side effects. Read your package inserts and research them on line to learn what side effects are potentially a problem with the drugs prescribed for you.The book includes a few recipes and menus, but we seem to get into the same classical paradox. So much is written about healthy diet that its tough to weave a menu that truly sticks to the straight and narrow. We have the usual rabbit food-salads and veggies, served without salt or fat containing sauces blended with minor amounts of fish and chicken.

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

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 BI) 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 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) 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) Blood Pressure Solution: How To Prevent And Manage High Blood Pressure Using Natural Remedies Without Medication High Blood Pressure Solution: Simple Lifestyle Changes to Lower Blood Pressure Naturally and Prevent Heart Disease High Blood Pressure Explained: Natural, Effective, Drug-Free Treatment for the "Silent Killer": (Blood Pressure, Hypertension, Heart Health, Naturopathy, Natural Remedies) High Blood Pressure Cure & Aging Well Box Set: How to Lower Blood Pressure Naturally and Make the Best of Your Golden Years 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. Pressure Cooker Cookbook: 370 Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals (Pressure Cooker, Electric Pressure Cooker Cookbook) PRESSURE COOKER: The Ultimate Cookbook for Easy and Delicious Recipes (Pressure cooker cookbook, pressure cooking, easy meals, soups, electric pressure cooking) Cardiovascular Disease: Fight it with the Blood Type Diet: The Individualized Plan for Treating Heart Conditions, High Blood Pressure, High ... (Eat Right 4 (for) Your Type Health Library) 500 High Fiber Recipes: Fight Diabetes, High Cholesterol, High Blood Pressure, and Irritable Bowel Syndrome with Delicious Meals That Fill You Up and Help You Shed Pounds! Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks--Without Prescription Drugs 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 ... Boost your energy, and Stay healthy for life! XENICAL (Orlistat): Used with a Reduced-Calorie Diet to Help Lose Weight and in Overweight People who may also have Diabetes, High Blood Pressure, High Cholesterol, Or Heart Disease