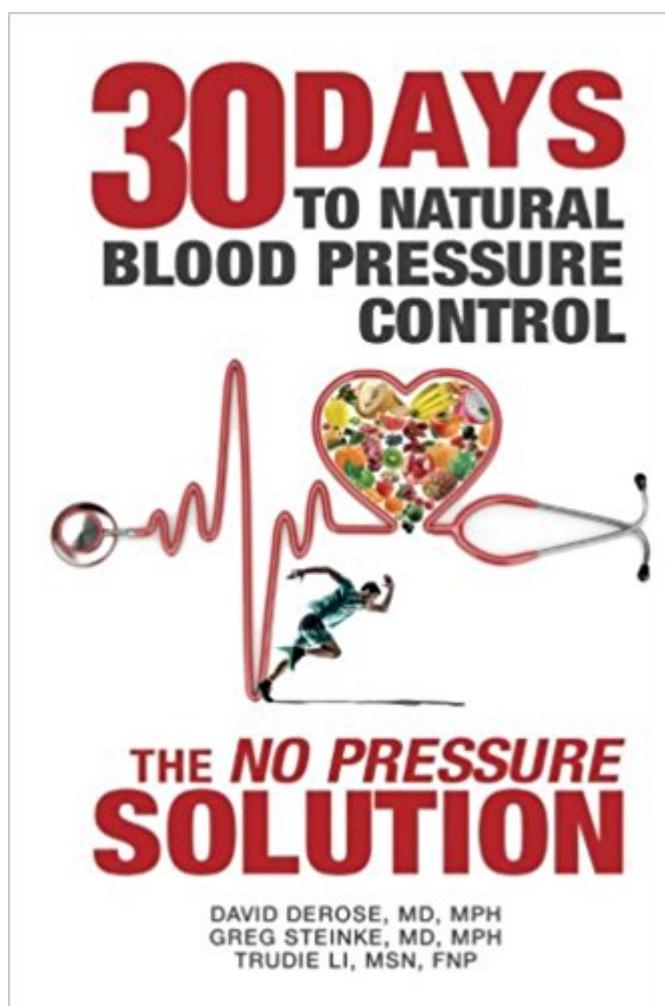


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# Thirty Days To Natural Blood Pressure Control: The "No Pressure" Solution



## Synopsis

High Blood Pressure. Even if you haven't received the diagnosis yet, as many as three-quarters of the Western world will have to contend with high blood pressure sometime in their lives. However you no longer need to be a victim. Drs. DeRose and Steinke along with Nurse Practitioner Li draw from cutting-edge medical research and their decades of clinical experience to guide you on an amazing 30-day journey. Learn simple natural strategies that have helped many people decrease or eliminate their dependence on medications. Other titles may promise fast results with natural blood pressure strategies but few, if any, are as comprehensive, readable, and practical as "Thirty Days to Natural Blood Pressure Control." Written by practicing medical professionals who share a passion for educating their patients, this book gives you far more than the latest information on natural blood pressure strategies. Its highly readable and user-friendly style combines a wealth of real-life stories taken from a variety of medical clinics and patient encounters. More illustrations, more data, and more compelling stories means more tools to educate and motivate you when it comes to drug-free blood pressure control. When valued in terms of the amount of information presented, this book is among the least expensive on the topic. Furthermore, the clinicians who wrote "Thirty Days to Natural Blood Pressure Control" realize that knowledge is not enough. Most of us know far better than we do. Consequently, the book's authors essentially take your hand and help guide you to strategies that will make it more likely that you will do "and enjoy" the practical guidelines presented. As an example, the book offers a number of personal worksheets where the authors help you set and achieve realistic goals as you go through the 30-day program. Reviews From Readers' Favorite ([readersfavorite.com](http://readersfavorite.com)) Review by A. Fomonyuy " 5/5 stars If there is a book everyone should read on high blood pressure treatment, it should be 'Thirty Days to Natural Blood Pressure Control' • | Readers will find stories that are both informative and entertaining |, data and statistics, powerful illustrations, and easy-to-follow, step-by-step therapies | There is a lot in this book, and readers will encounter a perfect blend of medical science and oriental philosophy, a combination that offers a clear path to understanding and treating high blood pressure... The writing is excellent and very accessible and the entire work is easy to read | readers will easily get drawn in by the compelling nature of the facts, data, and information generously shared by the authors | I recommend this book to anyone battling with blood pressure, anyone with a patient suffering from blood pressure, and anyone who is just curious about the most effective and comprehensive therapy for high blood pressure. Review by D. Zape " 5/5 stars Through a combination of storytelling and great prose, the authors bring to these pages the results of their medical experience, their expertise, and an innovative approach to the treatment of high blood

pressure. The voice is authoritative and persuasive.... One of the benefits of this book, I noticed, is that it offers readers clear and powerful answers that will cost them little to nothing, answers that will transform their quality of life. "Thirty Days to Natural Blood Pressure Control" is the book for high blood pressure patients, healers and health-care practitioners, and anyone who is curious about high blood pressure and how to handle it. Review by R. Oserio - 5/5 stars "Thirty Days to Natural Blood Pressure Control" is a stellar work on the holistic treatment of high blood pressure, a book packed with invaluable information and tools... The language is simple yet powerful, devoid of unnecessary jargon, and this is great news for ordinary readers who will want a quick and interesting read!

## **Book Information**

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## **Customer Reviews**

David DeRose, MD, MPH is a board-certified specialist in Internal Medicine and Preventive Medicine with a Master in Public Health degree emphasizing Health Promotion and Health Education. In addition to his active clinical work, DeRose is a syndicated radio host, popular lecturer, and published medical researcher. Greg Steinke, MD, MPH is a Lifestyle Medicine Specialist with board-certifications in Family Medicine and Preventive Medicine. His MPH emphasized Public Health Nutrition. Dr Steinke has helped many patients reverse their high blood pressure through lifestyle-based approaches. Trudie Li, MSN, FNP Trudie Li is a family nurse practitioner passionate about engaging others in the pursuit of a healthier lifestyle. In addition to her clinical experience, she has been active in health education and staff development at preventive

medicine centers in the U.S. and China.

I have had the wonderful privilege of working with Dr. DeRose, MD and Trudie Li, FNP at the Weimar Institute as medical exercise specialist, which is a world renown lifestyle center for those who want to reverse chronic illness such as diabetes. I am so proud of this book, and wish I had the opportunity to write an exercise prescription for HBP patients. I have always respected Dr. DeRose love and compassion to see his patients healthy. I'm also happy that he has made this book available at a price that anyone can afford. It has always been my crusade to see a book of this caliber available to low income families that cannot afford health care and I'm proud of this book. Because of this I'm now making this book available in my lifestyle coaching practice as a hospital and law enforcement chaplain to help both unhealthy police officers and patients overcome these modern day chronic illnesses. Thank you again Dr. DeRose your friend and colleague. Derrick Hall, B.Sc., ACSM HFS, CMES.

Lots of information.

I have read and put into practice the advice offered in this book and I have already noticed a HUGE difference. I'm off all medication being on carvidol for two years and larsortan for a year my BP without medication runs no in the low 130's over the low 70's or lower (average is 132/73 I was 150/80). I am sleeping better, dizziness all but gone and even walking and feeling great. Note: it took about 4 weeks of following Dr Deroose's advice before noticing any changes. Before reading his book I had already started eating none meat items and cutting back on dairy and eggs. This does not happen overnight and is not a quick fix but a real achievable lifestyle that anyone who really wants to get off of the blood pressure meds and start living can do by using the advice offered in this book. It really is all just common sense. But if you still desire to hang on to your old destructive lifestyle habits that put you were you are today on multiple meds, feeling like shit looking even worse then this program will fail for you. Give it a try the Kindle download is just \$5 what do you have to loose? I have ordered the hard book copy as well for \$20 from his website [compassministries.net](http://compassministries.net) Please try, even if you walk away with a better understanding of what your body needs to better help the medication you are on its that much. Try it, I would love to hear what you think. And GOOD LUCK :-)

This is an excellent book for those suffering hypertension and includes numerous facts and

strategies in following the life necessary to fight off high blood pressure. It's the best I have read.

I am always curious about one star reviews. Unfortunately for this book, the one star reviews were in relation to NOT getting the download. To me, this is sad because it is a reflection of the medium they tried to download to (maybe an issue with ) VS the actual content of the book. With that being said, let me just say that I am a medical professional. I bought this book for a relative who had extremely high blood pressure. I did a lot of research before I decided on this particular book. (I also bought another book and a blood pressure machine for use at home.) The truth is, buying this book or any book will not lower blood pressure. You have to read the book and apply the recommended solution. I gave the book version to my relative and got the Kindle version for me. Upon initial research I found it to be good information but I wanted to read more. In reading the book I found that it is VERY SOUND information. It is well written in a user-friendly manner---really, what most people need. In checking in with my relative...it has been more than 30 days and his blood pressure is down to normal readings. This book does provide solutions, I will continue to recommend it to others.

Just okay. Took a while to get to the info...

This is a really helpful book for lay people. It is written in very easy to understand language and provided me with a clear picture of what I need to do to control my blood pressure naturally. I highly recommend this book to anyone who seeks to learn more about this topic.

This is a very GOOD read. It keeps your attention and give you very valuable information. I highly recommend this book!

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