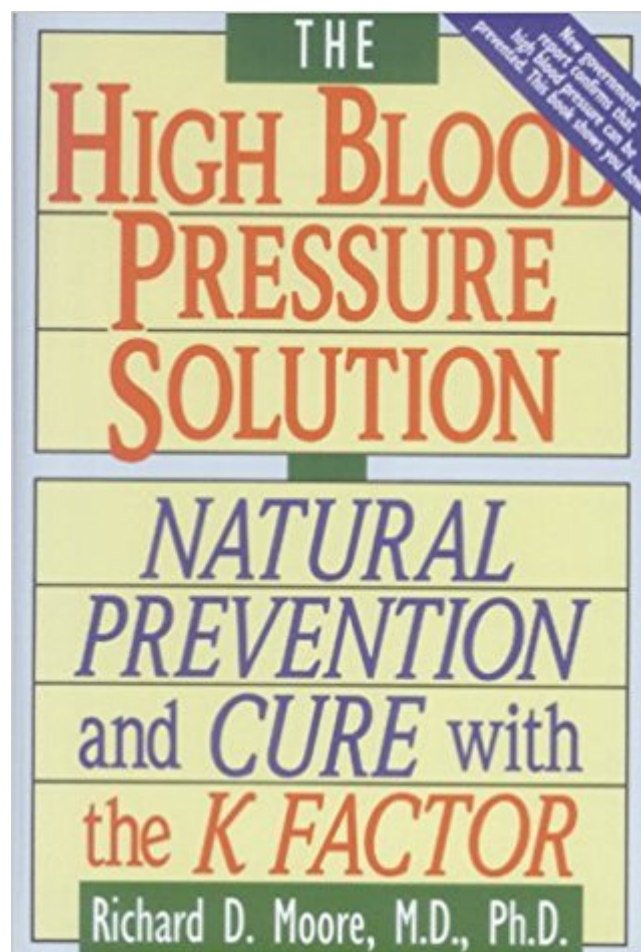




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# The High Blood Pressure Solution: Natural Prevention And Cure With The K Factor



## Synopsis

One of America's foremost researchers in biophysics outlines a new approach to preventing and managing high blood pressure without depending on drugs or suffering their side effects. Dr. Richard Moore explains the basic nutrient ratio regulating blood pressure at the cellular level, that is the key to keeping high blood pressure under control-and even reversing the condition. By using the easy-to-follow program detailed in this book, millions of people will be able to eliminate or reduce traditional treatments. For those already taking medication, the book also includes information on how to work with a physician to safely reduce dependence on hypertension drugs. First quality paperback edition of the hardcover published by MacMillan, completely updated and revised.

## Book Information

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## Customer Reviews

This is the finest blend of science and healing I've seen in a very long time. This book is about far more than high blood pressure. It points the way toward simplicity and naturalness in healing, for which society is desperate. Physicians, listen up: this is the medicine of the future.

The High Blood Pressure Solution should be required reading for everyone, especially those who have a familial history of high blood pressure, or those who have already been diagnosed as having high blood pressure. -- John J. Duncan, M.D., Director of the Hypertension Clinic, University of Minnesota Hospital

This method does work and I highly recommend the book. However, please read what I have to say

if you have been diagnosed with hypertension at a young age. I was diagnosed at the age of 38 (15 years ago) and have managed to control my blood pressure quite well with medication, diet and lifestyle. However, about 5 years ago it became harder to manage despite everything. I started getting heart palpitations and was referred to a cardiologist, went through a series of tests and was told my heart was fine and to "just ignore them - everyone has them". Easier said than done. After enduring worsening symptoms (including menopause, which was also blamed) I saw a different cardiologist who noticed that my potassium was low (2.8). My potassium levels were always below the low normal level over the years despite my diet and over the past year taking a prescribed potassium supplement. The cardiologist sent me to see a hypertension specialist who took blood and urine tests and subsequently an upper abdominal CT scan. I have now been diagnosed with Conn's Syndrome/hyperaldosteronism which is a benign tumour on one adrenal gland thus causing the release of excess aldosterone. This causes retention of sodium and excretion of potassium. I have been put on spironolactone - a potassium sparing diuretic which has helped a great deal. I am now waiting for another test and hope to be able to have the tumour removed. If this information helps at least one person I will feel good as I have come to understand that most primary care doctors do not come across this condition as it is still thought of as relatively rare (1-10) although I believe it to be more.

This whole pitch of "ONE FOOD" to cure your High Blood Pressure is nonsense, never, not once, do they ever provide you with ONE FOOD, there are several foods, and several additional, capsules, not raw food which actually does make a difference. I didn't figure to the penny, however if you add up all the items they pressure you to buy it would well over \$500-\$600.00 Absolute sham. The foods are green grape seed extract. Eat organic green grapes. Berries, we all now know about berries, and it goes on for 30 minutes with a promise to a product to a product, to a product. And then, he tries to sell you his super BPS menu planner, which is a planner like you can buy for \$4.95 in a book store. I was shocked at the lengths to which these people went with their "lie"...Of course, you will loose weight if you eat 60% protein, 20-30 green vegetables and the rest fruit. Fruit has a lot of sugar, so that why a good diet plan would only have a small amount of fruit. So, these people are selling you "the dream", if you're that interested in good nutrition, go to a nutrionalist, or I'll put together a very useful guide of what to eat, not eat, and how much of it to eat. DON'T DON'T DON'T buy the book, or any of their products. Its like trying to turn you into a person who is at kindergarten level, while in fact you're a grad student.

I hope most readers are young enough to change their salt consumption habits to allow it to make a difference before they have damaged their bodies beyond repair. This well supported expose of the role of the sodium pump within our body's cells and what happens when it goes wrong due to excessive consumption of salt, is a monumental eye opener. The cascade of events that occur with all the imbalances in every associated mineral and the biochemical, thus physiological consequences throughout our bodies via the cells, is clearly explained, step by step. It leaves no doubt that it is necessary to limit sodium chloride in our diets to the 500mg that the body actually needs to replace each day. Since the kidneys recycle all but that 500mg, even 2000 mg a day is excessive, it reveals, and most people consume way more than that on a daily basis. This has an affect of slowly "poisoning" us. (\*my word) It also goes on to demonstrate that if we consume enough potassium to counter balance some of the excess sodium, we can flavor our food without denying ourselves the pleasure of adding extra taste to our food. The foods to eat and the amounts (such as bananas, and other fruits and vegetables) plus the amounts to consume with the corresponding sodium intake to maintain a healthy sodium balance is conveniently provided. Plus education about reading labels on processed foods to assess sodium and potassium content (where provided) is also given. It makes the case that not only high blood pressure is directly caused by excess salt in our diet but also that insulin resistance, osteoporosis, diabetes mellitus, coronary artery disease and other diseases that occur as we get older could be prevented if we follow the advice provided in the book. If not too late, some of them can be reversed if steps are taken to correct our diet as well. This is not just diet fad stuff, it is supported by scientific studies and it is medically valid.

The book may be OK, but the ad about the book is a total waste of time. I listened to it for 20 minutes and that was all hype, and information free (I don't mean the information was free, but that the presentation contained no information). Then I had the bright idea of seeing if I could find a review of the product itself. These reviews were far more helpful. A word to the wise; some of the most complimentary reviews sounded a lot like the ad. This made me suspicious that some of them might have been written by the writer of the ad.

Good book, gives hope for natural solutions and is well written. Material would be dated except for the fact that not much has changed in the realm of meds for HBP and the way the probable cause of the condition would be true at any time. The ideas are well explained without hype.

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