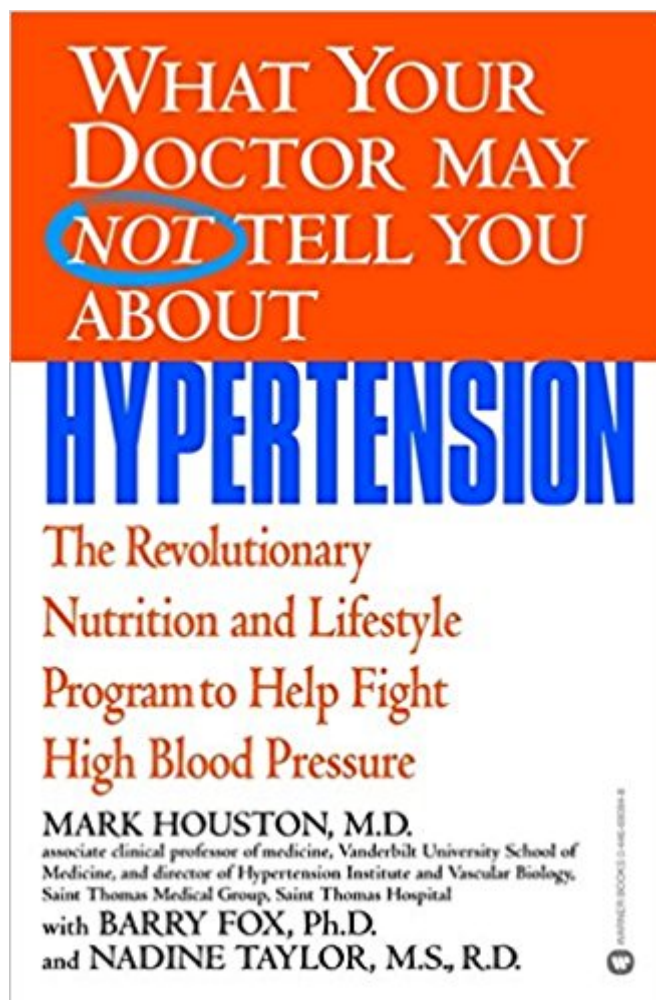


The book was found

What Your Doctor May Not Tell You About(TM): Hypertension: The Revolutionary Nutrition And Lifestyle Program To Help Fight High Blood Pressure (What Your Doctor May Not Tell You About...(Paperback))





Synopsis

Houston offers a revolutionary, all-natural treatment program for reversing hypertension, the "silent killer" that affects more than 60 million Americans.

Book Information

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Customer Reviews

"A highly informative and enjoyable read."

Dr. Mark Houston is an Associate Clinical Professor of Medicine at the Vanderbilt University Medical School and Director of the Hypertension Institute at St. Thomas Medical Group in Nashville, Tennessee. He is the co-author of The Handbook of Antihypertensive Therapy, a guidebook for doctors and medical professionals.

Good resource/reference book.

OK but I already knew most of what was in the book

Good information..However not exceptional

I feel there is a lot of great information in this book, though I don't totally agree with everything that is

stated. Examples of those things I have some disagreement with would be the DASH diet, in particular the inclusion of grains, though it seems Dr. Houston's modified version is more in line with what I have seen in other research. I also think there is strong evidence that vitamin C consumption should be significantly higher than is recommended in the book. Even so, this book has earned a place in my reference library, and I will begin implementing some of what I read today, and much of it in the coming days and weeks.

Excellent book! Great information about lowering blood pressure. I use it as a reference guide now, after reading it front to back.

This book is somewhat helpful. I read it after reading "Heal your Headache!", which sort of set the standard. This book does contain some helpful tips but my impressions and observations are that it is dancing around the fringes of the migraine root causes, whereas "Heal your headache!" gets much closer to the real problem. You can't go wrong by reading this book, but it is not the final answer either.

This book had a lot of good information in it for migraine sufferers. While some of the information was repeat info, I found some new formulas to help me treat my migraines holistically. I can honestly say that this book really helped me come up with a plan to attack my headaches head on. It's a good book to keep in your library.

OK. Shotgun approach. Could have listed drugs better.

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