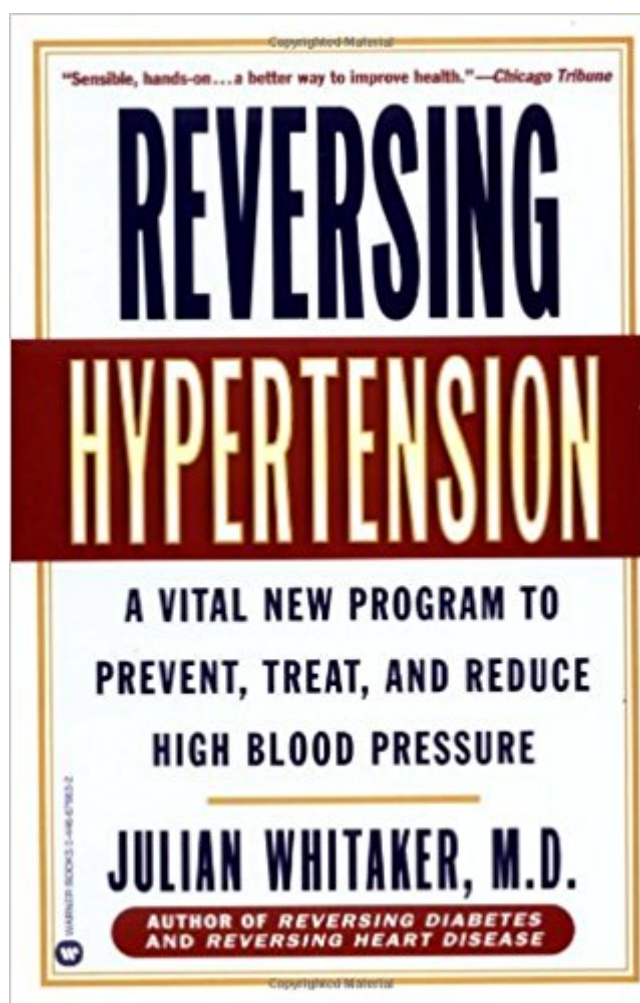


The book was found

Reversing Hypertension: A Vital New Program To Prevent, Treat, And Reduce High Blood Pressure



Synopsis

It Strikes One in Four Americans Without Warning... it triples your risk of dying from a heart attack...it increases your risk of stroke sevenfold...it can lead to kidney disease, diabetes, and blindness...and to fight it, you may be taking expensive-and dangerous-drugs. Now Dr. Julian Whitaker, a leading champion of nutritional medicine and the author of *Reversing Diabetes* and *Reversing Heart Disease*, unleashes a new weapon in the war against hypertension. His simple yet dramatically effective plan offers:

- * a comprehensive program of diet, exercise, nutritional supplements, and stress management-to replace or cut down your dependence on medication
- * Dr. Whitaker's Quick Start Diet-to decrease dangerously high blood pressure fast
- * over 30 easy recipes for delicious, low-fat, healthy eating
- * custom-tailored exercises, from simple stretching to extensive walking regimens
- * tips on how to properly balance your salt intake and drink more water-hypertension's most overlooked remedy
- * important information on inexpensive mineral supplements, EDTA chelation and EECF therapies, and much more.

Book Information

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Customer Reviews

Offering a practical and engaging guide for anyone fighting high blood pressure, Whitaker (*Reversing Diabetes*, etc.), founder of the Whitaker Wellness Institute in Newport Beach, Calif., clearly explains what causes hypertension, how it's diagnosed and how to treat it. He focuses not just on the obvious causes, including poor diet and stress, but on lesser known factors such as thyroid problems and insulin resistance. Whitaker devotes the second half of the book to his

program, which includes a regimen of diet and exercise along with consumption of vitamins and supplements, including garlic and Vitamin E. For those with dangerously high blood pressure, he advocates a two-week diet of vegetables, fruit and rice--a radical approach recommended only for severely ill patients. Most people with hypertension are able to eat a well-rounded, varied diet that is low in salt and includes very little dairy. Whitaker provides a list of fruits and vegetables permitted on his diet as well as a brief appendix of selected recipes. This is an informative and useful book for anyone who wants to control blood pressure primarily through diet and supplements rather than prescription medicine. (Feb.) Copyright 2000 Reed Business Information, Inc. --This text refers to the Hardcover edition.

According to The National Heart, Lung, and Blood Institute, hypertension, or high blood pressure, affects one in four American adults--about 50 million people. Of those with hypertension, about 68 percent are aware of their condition, but only 27 percent have it under control. Yet uncontrolled high blood pressure often leads to stroke, heart failure, or kidney damage. For those with hypertension, this book might be just what the doctor ordered. Whitaker, an affable family doctor who practices in Newport Beach, CA, presents a thorough, no-nonsense overview of what causes hypertension and realistic ways to control it using conventional and complementary medicine. In addition to explaining why hypertension should be taken seriously, Whitaker tells readers how to monitor their blood pressure, provides recipes for a two-week wellness diet, and includes information on antihypertensive drugs, a glossary, and other resources. Recommended for consumer health collections in public and hospital libraries.-Valeria Long, Amberg Health Sciences Lib., Spectrum Health, Grand Rapids, MI Copyright 2000 Reed Business Information, Inc. --This text refers to the Hardcover edition.

Very informative book. Very helpful information. I highly respect this author.

Great book if you want to know about blood pressure.

Confused info inside book is by someone else.

Great Book!

Good advice.

Lots of good information , will use a guide

My wife was concerned about elevated blood pressure. Her doctor is helpful, but doesn't spend enough time explaining the causes or the remedies. This book is very thorough in both regards.

Great book. Just what I needed to help in lowering my high blood pressure.

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