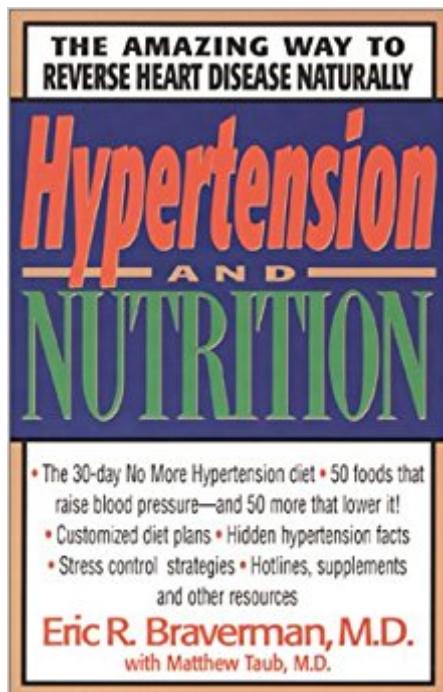


The book was found

# Hypertension And Nutrition



## **Synopsis**

Millions of people suffer from hypertension, and many are treated with drugs that have uncomfortable side effects. This book outlines programmes for relieving the symptoms using everyday foods and nutritional supplements. Also included are stress reduction techniques, meal plans and recipes, plus 30-, 60-, and 90-day programmes to lower blood pressure and normalize cholesterol levels.

## **Book Information**

Paperback: 208 pages

Publisher: McGraw-Hill/Contemporary Books (November 11, 1998)

Language: English

ISBN-10: 0879836881

ISBN-13: 978-0879836887

Product Dimensions: 8.4 x 5.5 x 0.6 inches

Shipping Weight: 8 ounces

Average Customer Review: 2.7 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,174,475 in Books (See Top 100 in Books) #65 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure #400 in Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements #556 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease

## **Customer Reviews**

While the information in this book may be valuable, the poor arrangement of information and almost non-existent editing make it a difficult read. This undermines the potential validity of the information the author is trying to get across. I am left wondering if I can trust the message, given the poor quality of its packaging. Sentences are missing words, or say the opposite of what they apparently are meant to say. The impression given is that the author is not a native English speaker but the bio in the back suggests that he is. Important information about nutrition as it relates to hypertension and to Dr. Braverman's program is scattered somewhat randomly throughout the book and it is up to the reader to pull it all together so that it makes a cohesive whole. The reader who is prepared to ignore the poor writing may get something of value out of the book if he is willing to work at it.

I took my Dad to this author/doctor' for a problem Mr. Braverman said he 'absolutely' could help. \$12,000. for ONE appointment and NO help later, we learned the hard way that this was a 'big city

scam' Beware of this person who calls himself a doctor and lines his accounts with your savings!

Braverman has done a real service to the millions of Americans being hurt by blood pressure drugs. He correctly points out that, while they do lower blood pressure, the side effects end up INCREASING mortality. Braverman gives good practical alternatives including nutrition, vitamins, and life style changes. He tries to be fair to the heart drugs and points out that the calcium channel blockers are the safest drugs and probably OK. Well, since he published in 1996, studies have shown that some of these drugs double your risk of cancer and increase the rate of heart attacks.

Mark Kroll, PhD, FACC

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

Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes)

The DASH Diet - Dietary Approaches to Stop Hypertension - A brilliant diet to stay healthy, lose weight, and beat Diabetes!: The Essential Guide to the ... Type 2 Diabetes, DASH, Hypertension)

Hypertension and Organ Damage: A Case-Based Guide to Management (Practical Case Studies in Hypertension Management) Clinical Pharmacology and Therapeutics of Hypertension: Handbook of Hypertension Series, 1e High Blood Pressure and Chronic Hypertension Treatment with Nutrition, Integrative Medicine, and Functional Medicine Academy of Nutrition and Dietetics Pocket Guide to Lipid Disorders, Hypertension, Diabetes, and Weight Management, Second Edition 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)) Hypertension and Nutrition Fitness Nutrition: The Ultimate Fitness Guide:

Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Academy of

Nutrition and Dietetics Complete Food and Nutrition Guide, 5th Ed Nutrition Essentials and Diet

Therapy, 11e (Nutrition Essentials and Diet Therapy (Peckenpau)) Fitness: Fitness Nutrition and

Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For

Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Nutrition and Diagnosis-Related

Care (Nutrition and Diagnosis-Related Care ( Escott-Stump)) Handbook of Clinical Nutrition and

Aging (Nutrition and Health) Nutrition in Cystic Fibrosis: A Guide for Clinicians (Nutrition and Health)

Complete Nutrition Guide for Triathletes: The Essential Step-By-Step Guide To Proper Nutrition For

Sprint, Olympic, Half Ironman, And Ironman Distances Nutrition and Diet Therapy (Nutrition & Diet

Therapy) Academy of Nutrition and Dietetics Pocket Guide to Nutrition Assessment Toddler Diet:

Nutrition and Balanced Diet for Toddlers( toddler cookbook, toddler nutrition, toddler meals, baby

food cookbook, baby diet, recipes for children,toddler recipes,baby food recipes) Toddler Diet: Nutrition and Balanced Diet for Toddles( toddler cookbook, toddler nutrition, toddler meals, baby food cookbook, baby diet, recipes for ... recipes,baby food recipes) (Volume 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)