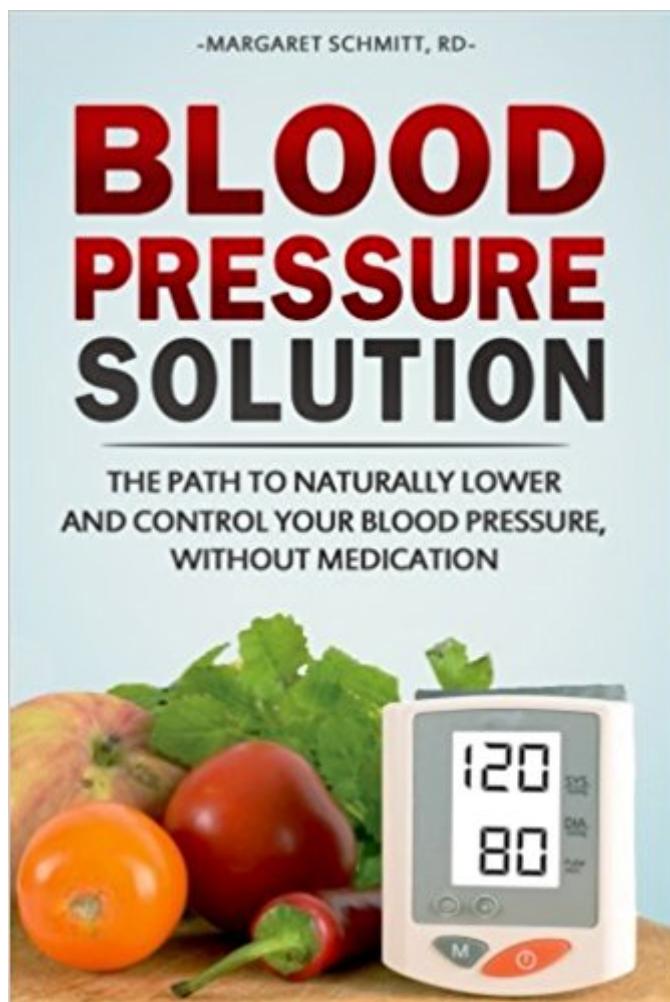


The book was found

Blood Pressure Solution: The Path To Naturally Lower And Control Your Blood Pressure, Without Medication



Synopsis

Do you have high blood pressure? Do you want to find a solution to it? Do you want to do it without medication and by using all natural remedies? More than a billion people worldwide have hypertension. It is a leading cause of hundreds of thousands of deaths every year and most drugs only target the symptoms and are not designed to provide a long-term solution. Now, with Blood Pressure Solution: The Path to Naturally Lower and Control your Blood Pressure, Without Medication, you have the ideal book to help you develop a comprehensive understanding of hypertension and the different treatment options that are available, with chapters on: The causes of high blood pressure How to know when your blood pressure is too high Causes, diagnosis and treatments Symptoms Natural solutions and remedies Eating the right foods The DASH eating plan And much moreÃ¢ ¬Ã| Having high blood pressure can lead to many other conditions and can have a seriously negative impact on the way you live your life. With Blood Pressure Solution you can start to tackle your hypertension and begin to lead a normal, healthy lifestyle by employing just a few crucial lifestyle changes. It really is as simple as that! Get your copy of Blood Pressure Solution today and see what difference it can make to your life now!

Book Information

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Customer Reviews

book jumps all over, never gives true solutions

IT IS OPPOSED TO THE CURRENT BLOOD PRESSURE DIRECTIVES.

This is the most poorly written book I have ever read. I know fourth-grade students who write better

than this, and it makes me think the book is a hoax. The same statistics are repeated over and over and over. The author repeatedly says people with blood pressure are susceptible to other health problems. Well, if you don't have blood pressure, you are dead. The problem is high blood pressure, not blood pressure. And how many times do the health issues that stem from high blood pressure, or the definition systolic and diastolic pressures, need to be reiterated? Not worth the paper it is printed on.

Right off the bat, for a doctor to call hypertension blood pressure tells me something is fishy about this author. For example right on the first page, here is a quote: ".....when you are asleep your hypertension is low". What is meant is that your blood pressure is low. She repeats this error several time to the point where I quit reading this book because I can not take her seriously if she can not even describe what blood pressure is or what hypertension is. Another quote: "Hypertension, also know as blood pressure..." on page 2 is also incorrect. Even non-proessional people know this is not true. She also does not write in complete sentiences "Blood pressure also called hypertension in the medical field". That is an incomplete sentence. And this is from a doctor.... NO not finishing this peice of bad writing and information

I was looking for Control Your Blood Pressure Naturally by Dr. Marlene Merritt, this book came up, but I didn't notice that the author was different, so I feel cheated.

Although I am aware for disease called hypertension caused by heredity, bad diet, and unhealthy lifestyle practices, I must admit that I still need to be reminded. This book did that reminder for me. The options presented in this book are not too daunting. I am also happy to see alternative medicines and other doable preventive measures that do not involve synthetic drugs.

It felt like I was reading someone's term paper from high school...it's all old news! I was hoping for something more!

Good references.

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