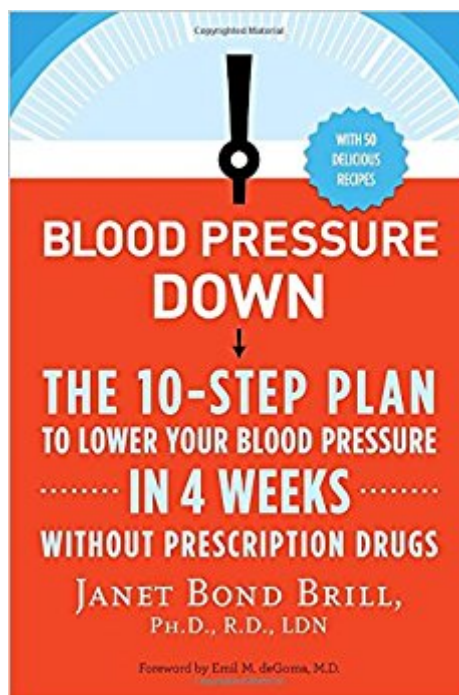




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# Blood Pressure Down: The 10-Step Plan To Lower Your Blood Pressure In 4 Weeks--Without Prescription Drugs



## Synopsis

For the nearly 78 million Americans with hypertension, a safe, effective lifestyle plan—incorporating the DASH diet principles and much more—for lowering blood pressure naturally. If you have high blood pressure, you're not alone: nearly a third of adult Americans have been diagnosed with hypertension, and another quarter are well on their way. Yet a whopping 56 percent of diagnosed patients do not have it under control. The good news? Hypertension is easily treatable (and preventable), and you can take action today to bring your blood pressure down in just four weeks—without the potential dangers and side effects of prescription medications. In *Blood Pressure Down*, Janet Bond Brill distills what she's learned over decades of helping her patients lower their blood pressure into a ten-step lifestyle plan that's manageable for anyone. You'll: harness the power of blood pressure power foods like bananas, spinach, and yogurt; start a simple regimen of exercise and stress reduction; stay on track with checklists, meal plans, and more than fifty simple recipes. Easy, effective, safe—and delicious. *Blood Pressure Down* is the encouraging resource that empowers you, or your loved ones, to lower your blood pressure and live a longer, heart-healthy life.

## Book Information

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## Customer Reviews

Given that nearly a third of U.S. adults have high blood pressure, the audience for this sensible, just-do-it book should be a large one. Certainly, Brill knows what she is talking about professionally.

She is a registered dietitian, exercise physiologist, and wellness coach who also knows her stuff personally, since her father had his first heart attack at age 45, and her brother died of kidney failure brought on by complications of high blood pressure at age 56. Brill does a good job of explaining that hypertension is a silent killer that hurts blood vessels without pain or symptoms and then causes huge problems, such as stroke, kidney failure, and heart attacks. Brill's 10 steps aren't earthshaking ("lose five pounds," "eat bananas," "eat yogurt," "exercise"). But they're doable. Helpful charts show "power foods" including magnesium-rich cocoa powder, and 50 recipes include useful nutritional information. Overall, anyone who wants to try nondrug approaches to lowering blood pressure can find much useful, potentially lifesaving information in this guide book.

--Karen Springen

"Brill does a good job of explaining that hypertension is a silent killer that hurts blood vessels without pain or symptoms and then causes huge problems, such as stroke, kidney failure, and heart attacks. Overall, anyone who wants to try nondrug approaches to lowering blood pressure can find much useful, potentially lifesaving information in this guide book." "Booklist" "What sets this 10-step plan apart is the simple way [Janet Bond Brill] lays it out for the readers. The steps and the implementation are presented so that readers can easily start tomorrow." "BlogCritics.org" "A detailed, well researched book for anyone serious about lowering his or her blood pressure." "Examiner.com" "The brilliant Dr. Brill has a knack for making cardiac disease simple to understand and conquer. This book is the ideal tool to supplement a doctor's visit to effectively lower a patient's blood pressure with or without medications. This book is so comprehensive - it gives guidance on how to monitor one's blood pressure at home, reminds people about stroke symptoms, what type of exercise works best and of course the foods that can lower blood pressure. The recipes at the end of the book emphasize how delicious a heart healthy diet can be." "Annabelle S. Volgman, MD, FACC Professor of Medicine, Rush College of Medicine Medical Director, Rush Heart Center for Women" "A simple, holistic, and achievable 10-step plan that is highly effective in reaching the ideal blood pressure in 4 weeks. Maintaining optimal blood pressure is critical in preventing heart disease and stroke." "Jennifer H. Mieres, MD, FACC, FASNC, FAHA Professor of Cardiology & Population Health, Hofstra North Shore - LIJ School of Medicine

I'm 70 and was beginning to have high blood pressure issues. When my doctor increased my meds a second time, I decided to take things seriously. With a heart attack, I would either die, or not. But a stroke would be a whole different story I wanted to avoid. It was my good fortune I selected Blood Pressure Down from . The book is a quick read and gives very simple explanations for what is needed to drop your BP. I am amazed at how easy it was to do the program and how quickly I got results. In just two weeks I got my BP to slightly below normal and even lost a few pounds. In a follow-up visit my doctor reduced my meds and when I report the latest data, she will probably reduce my meds even further. Written by a nutritionist, Blood Pressure Down gives common sense details I needed to know and it turns out I actually like what I'm supposed to eat. I don't feel as if I made major changes as much as fine tuning my diet, but the results are remarkable. I won't start preaching about this book, but just to say it provides basic information that's worth knowing. Even if you don't have high BP, read it and find out what you've been eating.

Very helpful book. Recommended to all who have high BP

Packed full of PRACTICAL info . . . I will be following this assiduously . . . here's to better health for us hypertension sufferers!

Most seem to be Greek to Persian to Indian variations based on the ingredients and spices. Good suggestions throughout the chapters.

I have gotten a few high bp readings. I have been so afraid, not wanting to face this. Getting this book makes me really feel that I can fix this. She talks about food so much I really am excited to go on the DASH diet. I love how she just makes everything so clear, and explains exactly why you should do what she recommends. It is a change of diet, not about buying endless supplements. I am going to do exactly what she says, except I don't eat soy.

Lots of information much of which I have adopted but it hasn't contributed much if any to my BP coming down. I don't think there is a diet cure for stress-induced HP.

This book help me to understand what high blood pressure does and how to improve your health by eating the proper foods as humanly as possible. No complicated medical terminology. More understanding then anyone can describe to you.

Yes,,I've put this info to practice and yes I've brought my blood pressure down,,an easy to read helpful book,,

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