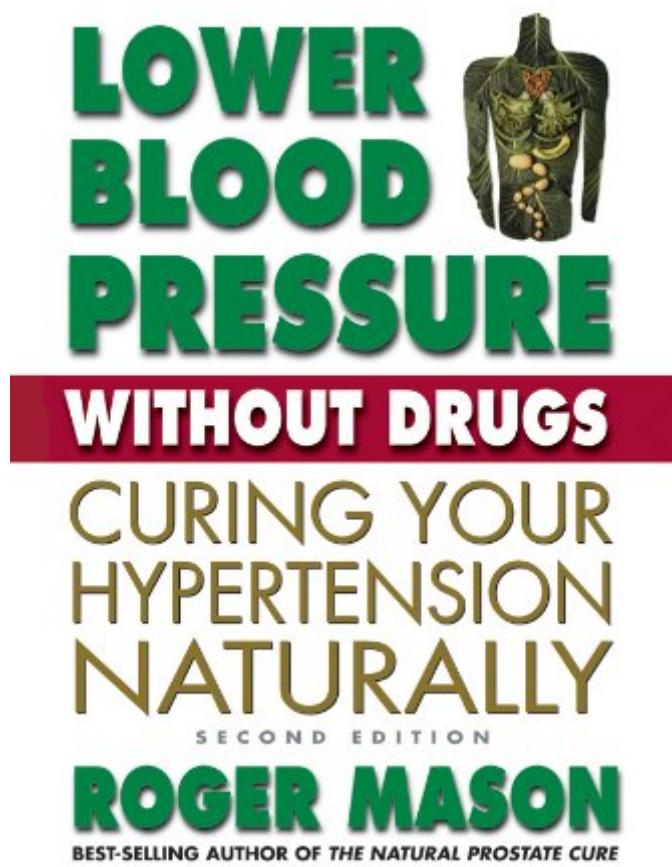


The book was found

Lower Blood Pressure Without Drugs, Second Edition: Curing Your Hypertension Naturally

A NO-NONSENSE GUIDE TO TREATING THE MOST
EPIDEMIC MEDICAL CONDITION KNOWN TO MAN



Synopsis

High blood pressure can cause strokes, heart attacks, and congestive heart failure, but while prescription drugs may relieve this problem, they often have dangerous side effects. Fortunately, there are natural alternatives. This book first examines the major causes of this disorder, including poor nutrition and obesity. It then details how a healthy diet--rich in vegetables, beans, and whole grains--can regulate blood pressure and improve health. The author also discusses supplements that can enhance well-being.

Book Information

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Customer Reviews

This is a very short book. Only about 100 pages. That would be fine if it was well-written and had valuable info. There are some good points in the book. But many things are just plain wrong, or at least highly skewed in perception. The author believes a whole grain diet will solve high blood pressure. I'm not convinced of this. I agree we tend to eat too much meat and bad fats, etc. But trying to battle insulin resistance without meat is difficult. Many of his points are not argumented well. There just stated as fact. He does reference some studies for some of it, but the whole book is just

poorly written. He should have hired a ghost writer. Other interesting facts. He says flax oil is so much better than fish oil. But he fails to point out that flax oil lacks DHA. And that fish oil is proven blood thinner. In some ways this book is worse than a book by an MD. It is very left brained with very few practical suggestions of application. I bought this because it was written by a chemist. I expected a much more professional and thorough analysis of the subject. It appears to just be some notes thrown together with little thought for logical flow and proving his points. But the biggest problem lies in his claims of certain things being black and white facts, that are simply not. He includes a chapter on "the only supplements PROVEN to work." Again, HE is making this choice himself, without weighing the pros and cons and balancing the current consensus in the health community. And many of the supplements have no connection to blood pressure or cardiovascular issues. As I said there are some good points to the book, but overall the book really loses focus. It just doesn't focus the authors knowledge and opinions around high blood pressure. Some of it does, but often he goes far off track. Unfortunately I haven't found a good book on hypertension yet. It seems you need to buy many to get the whole story. I had gotten results previously with The K Factor. The book that recommends 4 times the daily intake of potassium as compared with sodium. It makes a lot of sense.

Very helpful book, you just need to have the courage to follow thru to see the results, very recommend it !!!

Interesting.

Ok

I did not like the book at all

This booklet has some interesting information in it but the overly-opinionated and under-substantiated writing style gets tedious very quickly. The author's explanation of hormones and minerals and why the body needs them is interesting. He includes recommendations for dosage and type. Some of this booklet restates advice that's been out there for some time regarding fats and complex carbohydrates and it reads much like the advice you get from your doctor/nutritionist. Overall, the author shows a disdain for doctors, describing them as "clueless" more than once. The author is passionate and opinionated about the long list of foods he does not want you to eat,

including meat, poultry, dairy, potatoes, tomatoes, sugar, sugar substitutes etc. There is a very long list of supplements, with dosage recommendations. The advice offered that I felt was the most questionable regarded insulin resistance. The author advised eating 2 meals a day and fasting one day a week, all while avoiding protein sources like meat, poultry and eggs.

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