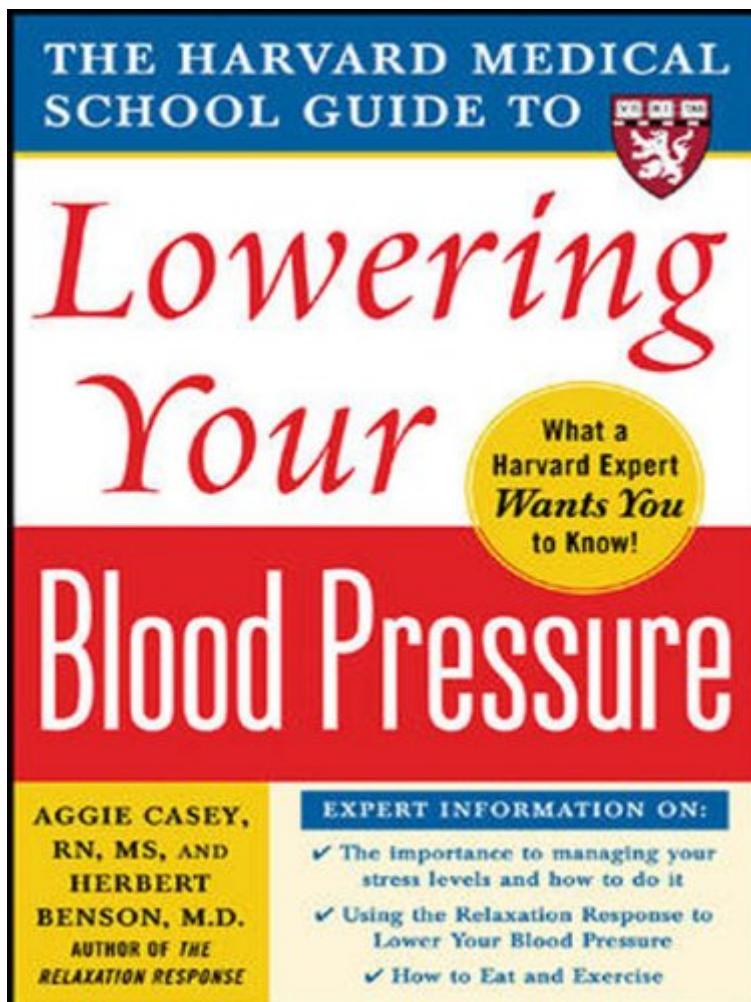


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# Harvard Medical School Guide To Lowering Your Blood Pressure (Harvard Medical School Guides)



## **Synopsis**

An innovative approach to lowering blood pressure that builds on the national bestseller The Relaxation Response. For the 100 million people worldwide dealing with high blood pressure, bestselling author Dr. Herbert Benson and cardiac wellness expert Aggie Casey have created a proven plan for lowering blood pressure. Based on the groundbreaking work done at the Mind/Body Medical Institute, the authors' program goes beyond advice about nutrition and exercise to incorporate a proven stress-management program--including the relaxation response.

## **Book Information**

File Size: 944 KB

Print Length: 256 pages

Page Numbers Source ISBN: 0071448012

Simultaneous Device Usage: Up to 4 simultaneous devices, per publisher limits

Publisher: McGraw-Hill Education; 1 edition (April 10, 2007)

Publication Date: April 10, 2007

Sold by: Digital Services LLC

Language: English

ASIN: B000MAHBO6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #468,851 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #49  
in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure  
#160 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments  
> Heart Disease #398 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments >  
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## **Customer Reviews**

Let me begin by stating that the amount of knowledge that you already have regarding high blood pressure will greatly affect how much you gain from reading this book. Over half of this book covers very basic information regarding blood pressure; For example, what is blood pressure, what is a normal blood pressure reading, the difference between high blood pressure and hypertension, the

co-relation between sodium consumption and blood pressure, etc. If you don't have some or any of the information regarding these topics, then you will surely gain a lot of knowledge and will really enjoy reading this book. If you know most or all of these topics already, then you will gain nothing from over half of the book. Now, the other half of the book centers around concrete examples on how you can lower your blood pressure, using a three step approach. The three-step approach, as you would imagine, is composed of stress management, diet, and exercise. I personally gained a world of knowledge on the stress management section, since I already had a lot of the knowledge regarding how diet and exercise affect blood pressure. Although this review might sound like I didn't like this book, that is not the case. I simply had done a lot of research on my own, and found a lot of the information that I already knew in this book. However, I did encounter plenty of information that will help me to continue to keep my blood pressure at regular levels. I especially recommend this book for anyone that has recently been diagnosed with high blood pressure, especially as an initial research tool.

This book covers all the important health areas where improvement in health is achievable. It offers several choices in each area rather than the more common dogmatic approach found in books that say: "my revolutionary new discovery will save your life. Obey!" There are some areas where all the current health and nutrition debates aren't covered. But unless your BMI is 24, you don't have to wonder about them till you get there. The program here is intelligent and practical. Read the book. Consider the options. Pick a set that you think will work for you. Discuss with your health care provider (optional unless you want/need to change meds or get advice on exercising). Then make a table and chart your progress. This will help you stay with the program. Provide space to record your failures. They are inevitable. So consider them reminders to keep trying. You'll make it as long as you just stick with it. Just keep getting back on your program even if you fall off every other day. When you get to the point you actually see some progress, you will want to stick with it. Review the book occasionally to vary your program and maintain it. When you succeed, you will be able to stop most of your meds; stop worrying; and enjoy your life.

This book might have a lot that you've been told but the reassurance, extra help and information may really add years that \$13 won't ever get you. I never add reviews but this was an important time to take. Hope it helps you. This book + Kindle = WIN

This book is excellent. People giving this guy a 4 star review should go back and learn how to

impartially review stuff. This book should be judge on its content and how useful it is not judged on things the author had no control over, like how much if this information you already knew or some other abstract idea you happen to have running around in your mind. That is unfair and probably cost the author some sales when people can't rate things impartially and on its own merits.

This book offers wonderful suggestions to help reduce high blood pressure, reduce stress in your life. This book was suggested to me by a doctor. I have utilized some of the ideas and find my bp is slowly gdting better.

This provides a useful guide to laymen who are afflicted with high blood pressure and those who would like to avoid it.

A lot of info here. Some I already knew but there was still quite a bit here to help out. Yes some problems are heredity related but many of the tips hopefully will help. The book is written in a very easy to understand format and any medical terms are very clearly defined in a very in depth glossary.

This was a helpful book to obtain information about High Blood Pressure, causes, and tips to reduce. I was looking for ways to help my husband in his need to lower his blood pressure. He is dragging his feet but now I have information to motivate him.

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