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The K Factor



Book Information

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Customer Reviews

Writtern so that "regular folk" can understand it, The K Factor tells you how to lower your blood pressure and feel better right away. Not wanting the side-effects of medication to control my hypertension (which had reached 185/99) I searched for natural remedies. This book tells it all, naturally. There are even lists of what you CAN eat (and cannot) and still keep the pressure down. My heart feels healthier, I have no more headaches, more energy, and a much better disposotion since I started controlling my K factor to lower my pressure (which now averages 127/79). Every hypertension patient should read this book.

I read this book more than 20 years ago and followed it religiously for 9 months. I was able to eliminate my medications for high blood pressure as a result (no restaurant food during that time). Then was able to slowly add small amounts of sodium containing refined foods without raising blood pressure. An excellent book! Only now is this information becoming mainstream in the medical profession.

Everyone healthy or not should read this book. It addresses root cause of high blood pressure with scientific evidence. You can help someone among your friends, relatives and family by guiding them in the right direction.

I've bought a few of this book to give to my family members and friends over the years because it worked so well for me.

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