



Reversing Hypertension (Hardback)

By Janet Whitaker

Time Warner Trade Publishing, United States, 2001. Hardback. Condition: New. Language: English . Brand New Book. It Strikes One in Four Americans Without Warning. it triples your risk of dying from a heart attack.it increases your risk of stroke sevenfold.it can lead to kidney disease, diabetes, and blindness.and to fight it, you may be taking expensive-and dangerous-drugs. Now Dr. Julian Whitaker, a leading champion of nutritional medicine and the author of Reversing Diabetes and Reversing Heart Disease, unleashes a new weapon in the war against hypertension. His simple yet dramatically effective plan offers: * a comprehensive program of diet, exercise, nutritional supplements, and stress management-to replace or cut down your dependence on medication * Dr. Whitaker s Quick Start Diet-to decrease dangerously high blood pressure fast * over 30 easy recipes for delicious, low-fat, healthy eating * custom-tailored exercises, from simple stretching to extensive walking regimens * tips on how to properly balance your salt intake and drink more water-hypertension s most overlooked remedy * important information on inexpensive mineral supplements, EDTA chelation and EECF therapies, and much more.



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