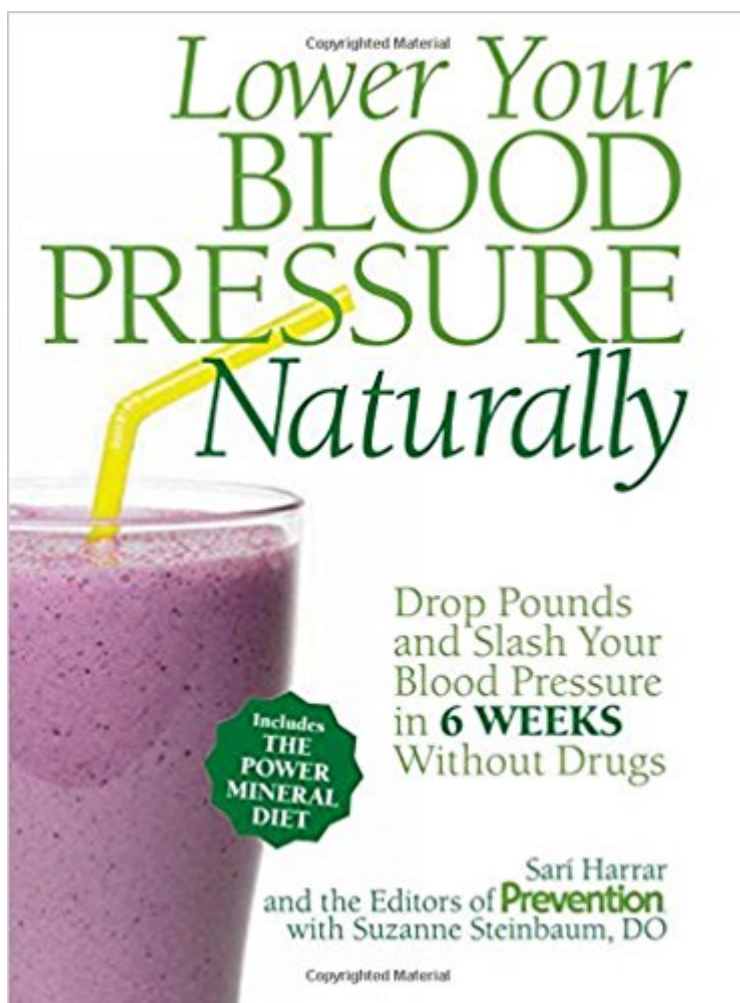


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# Lower Your Blood Pressure Naturally: Drop Pounds And Slash Your Blood Pressure In 6 Weeks Without Drugs



## Synopsis

We are in the midst of a blood pressure crisis. Nearly 70 million Americans have been diagnosed with hypertension, and just 56 percent of them have it under control. Hypertension is responsible for 69 percent of first heart attacks and 77 percent of first strokes. But there is good news: High blood pressure is very responsive to lifestyle changes. And the more changes you make, the greater your results. *Lower Your Blood Pressure Naturally* by Sari Harrar provides readers with a comprehensive lifestyle plan. Readers will follow the Power Mineral Diet, which centers on 13 delicious, powerful, blood pressure-lowering foods, along with an easy, doable exercise program that combines the proven effectiveness of cardio, strength training, and yoga on blood pressure. Not only do these methods help lower blood pressure on their own, they promote fast, sustainable weight loss, which has an independent blood pressure-lowering effect. With daily meal plans; flavorful, versatile spice blends; and 50 recipes, plus Power Mineral smoothies and desserts, the plan proves that a heart-healthy diet need not be bland or boring. *Lower Your Blood Pressure Naturally* offers one of the easiest and most effective ways to conquer hypertension yet.

## Book Information

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## Customer Reviews

SARAH HARRAR is the author of *Relief at Last* and *The Sugar Solution* and has written for *O: The Oprah Magazine*, *Reader's Digest*, *Women's Health*, *Fitness*, and many more. SUZANNE STEIN BAUM, DO, is an attending cardiologist and the director of Women and Heart Disease at Lenox Hill Hospital in New York City.

Easy for me to use. The eating is part of the plan. The rest is exercise, yoga, relaxation exercises. It all works. The first week I had to go out and get a lot of spices I do not usually use and make spice combos.. I did not make them all, as it turns out. I made a few and have used them often. I am now on week 2. NOT following it 100%, more like 75%. They want you to eat 4 "meals" a day, granted that some are shakes, but I cannot be in the kitchen that often to do the four times. I feel better. I have not taken my bp because my doc does not want me to take it right now... just do the diet..... so I am. I cannot take any blood pressure med, and my bp has risen. So I have to get my body in better bp shape, and this is how I choose to do it. What is so good about it is that there is a PLAN, a flexible choice plan to follow. Someone said this was not any different than any other lower your bp diet... maybe so, but the plan and the recipes are very helpful to me. You definitely eat healthily on this diet, and most of the recipes taste good. They also make suggestions for when you go out to eat or if you have to have a quick meal a la freezer.. ex. Healthy Choice and the like foods. So the bases are covered. Back to the gym Monday. I had to curtail that not because of the diet, but will be back at it next week. Try this diet. I have it on my Kindle.

Considering that I read a lot of books on nutrition, I would have to say that this is a very good book. I am much harder on myself than the author suggests for lowering one's blood pressure. I sense that if I had followed the suggestions in this book, my blood pressure may not have come down as low as it has come down (and remains down). But it is a very good book for someone just starting to manage their health. I do get some good recipes that I am using but I omit the salt and the food still tastes good. However, if one must have their salt, they would love the recipes in this book. I learned that, by not adding salt to my food, I need to get my iodine from somewhere else. To compensate, I have started eating more iodine rich foods, like pacific cod. All in all, the recipes are very good. I have done the exercises in the book, but my exercise of choice is walking 30 to 45 minutes four to five days a week. I'm glad I ordered the book.

I found this book very informative and easy to read. I could not wait to start the plan. This book describes one of the first plans that contained recipes that I actually want to continue using. It also outlines a plan that I can continue. I really wanted to get off of my blood pressure medication, and this book gave me the foundation for a solid action plan to work towards that.

Have started using the suggestions for diet but not reduced the BP yet. May take a bit longer than 5

days.

Lots of good recipes and I am enjoying it

Wonderful book for diabetic patients & Great Seller!!

Product was on time and as advertised.

Very good, I am still working on it as I haven't had it very long so will have to see how it goes in another month or so, so far so good.

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