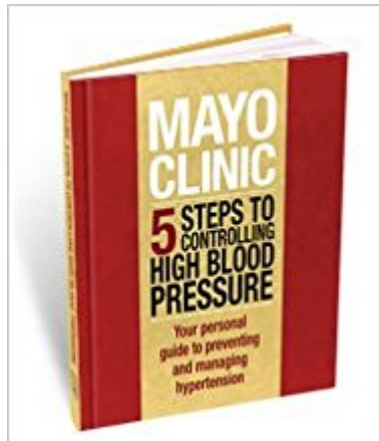




The book was found

5 Steps To Controlling High Blood Pressure



Synopsis

5 Steps to Controlling High Blood Pressure focuses on the central role you play in a treatment program. It highlights five fundamental elements of a program: * Choosing foods that promote better health * Becoming more physically active * Eliminating tobacco and limiting alcohol * Replacing stress and anxiety with calm and happiness * Taking advantage of today's best medications

Book Information

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Shipping Weight: 2.4 pounds

Average Customer Review: 3.7 out of 5 stars 10 customer reviews

Best Sellers Rank: #1,114,938 in Books (See Top 100 in Books) #62 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure](#)

Customer Reviews

5 Steps to Controlling High Blood Pressure focuses on the central role you play in a treatment program. It highlights five fundamental elements of a program: * Choosing foods that promote better health * Becoming more physically active * Eliminating tobacco and limiting alcohol * Replacing stress and anxiety with calm and happiness * Taking advantage of today's best medications

This book is a Great Read. Easy to Understand. Has lots of Great Pictures and really opens your Eyes to the issue of High Blood Pressure and How you can help yourself Control it. I absolutely recommend It.

strongly recomend, very concise technical but understandable, written for one like me having diabetes 2, wanting to get well...has every fact big or small, up to date yu need to know by Mayo Clinic one of best medical authorities in country in this and other fields, buy

Great onfo

Very helpful information. Book in excellent condition.

Great little boon but most of the information I could find online

Very informative.

Excellent book for anyone that has hypertension, or would like to help someone that has it !

This is an excellent resource for anyone dealing with hypertension. It is written and reviewed by Mayo clinic which itself is a reliable source of health information. It is very complete and I highly recommend it.

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