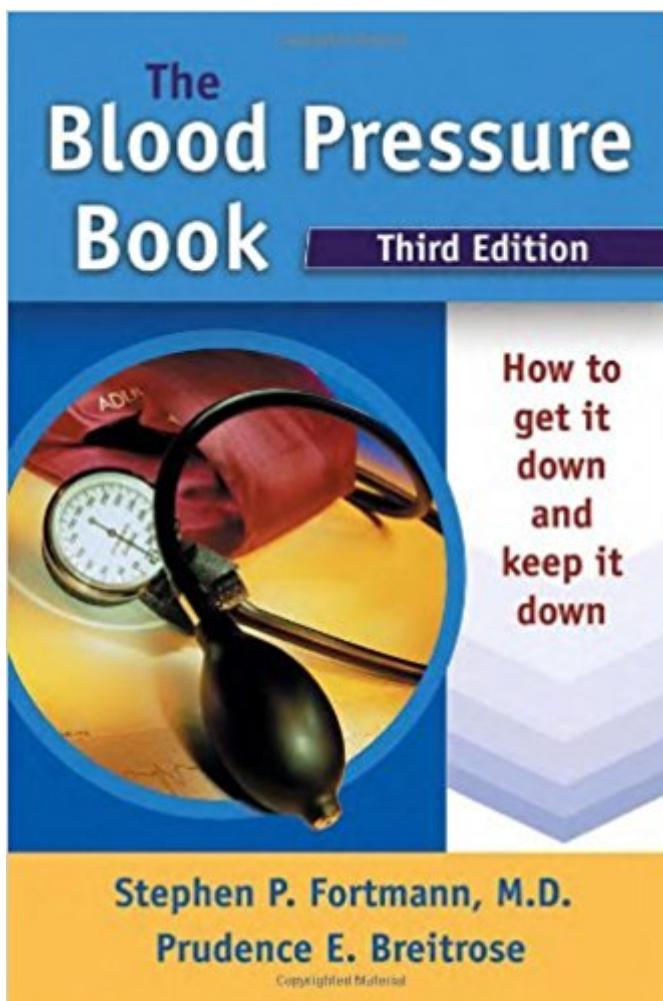


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# The Blood Pressure Book: How To Get It Down And Keep It Down



## Synopsis

Now in its third edition, this basic work explains the latest data on the effects of medication, diet, and exercise on blood pressure. It defines the essential terminology (such as diastolic and systolic), emphasizes stress reduction techniques, and offers science-based insight into the causes and control of this widespread condition.

## Book Information

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Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #605,859 in Books (See Top 100 in Books) #33 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure #303 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #373 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Cardiology

## Customer Reviews

"Rather than simply informing people of their risks, and of the measures they should take, The Blood Pressure Book leads its readers into action. It enables them to develop their own custom-made blood pressure control program, step-by-step." — John W. Farquhar, MD, professor of medicine, Stanford University School of Medicine

Stephen P. Fortmann, MD, is the director of the Stanford Heart Disease Prevention Research Center at the Stanford University School of Medicine. Prudence Breitrose, MA, is an editor of health education materials and chief writer for the Stanford Heart Disease Prevention Research Center.

Great book

Any concerned about blood pressure will find Blood Pressure Book includes the latest new research and treatment methods, including new approaches to self-help. From effects of exercise, weight and

diet to learning stress reduction techniques, this provides excellent insights on the causes and control of high blood pressure.

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