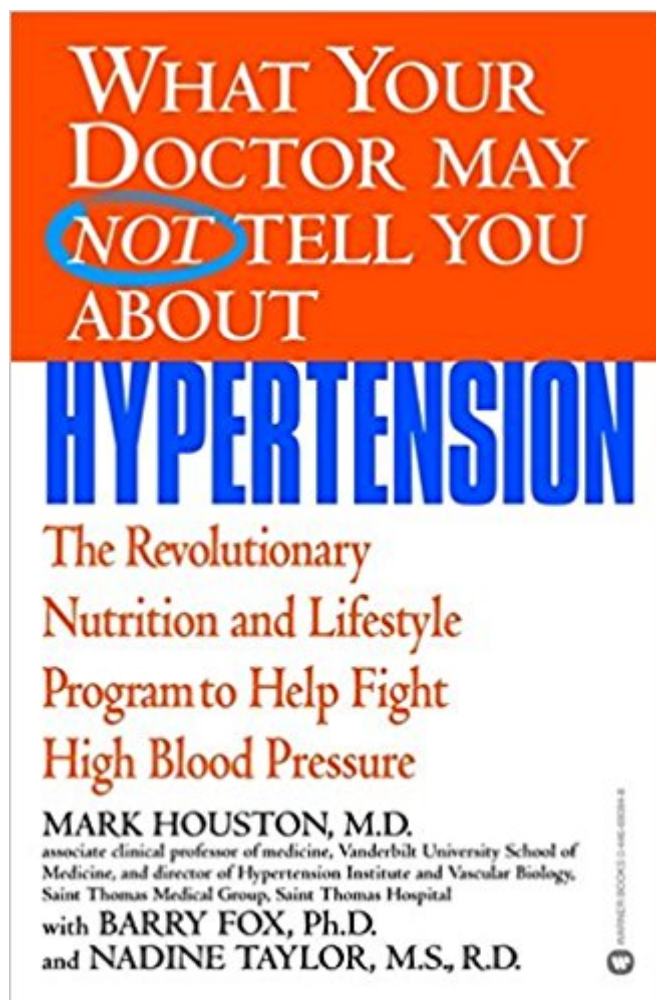


The book was found

What Your Doctor May Not Tell You About(TM): Hypertension: The Revolutionary Nutrition And Lifestyle Program To Help Fight High Blood Pressure (What Your Doctor May Not Tell You About...(Paperback))





Synopsis

Houston offers a revolutionary, all-natural treatment program for reversing hypertension, the "silent killer" that affects more than 60 million Americans.

Book Information

Series: What Your Doctor May Not Tell You About...(Paperback)

Paperback: 287 pages

Publisher: Grand Central Publishing; 1 edition (October 1, 2003)

Language: English

ISBN-10: 0446690848

ISBN-13: 978-0446690843

Product Dimensions: 5.2 x 0.8 x 8 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 66 customer reviews

Best Sellers Rank: #365,942 in Books (See Top 100 in Books) #26 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure](#) #202 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease](#) #3163 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Customer Reviews

"A highly informative and enjoyable read."

Dr. Mark Houston is an Associate Clinical Professor of Medicine at the Vanderbilt University Medical School and Director of the Hypertension Institute at St. Thomas Medical Group in Nashville, Tennessee. He is the co-author of The Handbook of Antihypertensive Therapy, a guidebook for doctors and medical professionals.

Good resource/reference book.

OK but I already knew most of what was in the book

Good information..However not exceptional

I feel there is a lot of great information in this book, though I don't totally agree with everything that is

stated. Examples of those things I have some disagreement with would be the DASH diet, in particular the inclusion of grains, though it seems Dr. Houston's modified version is more in line with what I have seen in other research. I also think there is strong evidence that vitamin C consumption should be significantly higher than is recommended in the book. Even so, this book has earned a place in my reference library, and I will begin implementing some of what I read today, and much of it in the coming days and weeks.

Excellent book! Great information about lowering blood pressure. I use it as a reference guide now, after reading it front to back.

This book is somewhat helpful. I read it after reading "Heal your Headache!", which sort of set the standard. This book does contain some helpful tips but my impressions and observations are that it is dancing around the fringes of the migraine root causes, whereas "Heal your headache!" gets much closer to the real problem. You can't go wrong by reading this book, but it is not the final answer either.

This book had a lot of good information in it for migraine sufferers. While some of the information was repeat info, I found some new formulas to help me treat my migraines holistically. I can honestly say that this book really helped me come up with a plan to attack my headaches head on. It's a good book to keep in your library.

OK. Shotgun approach. Could have listed drugs better.

[Download to continue reading...](#)

What Your Doctor May Not Tell You About(TM): Hypertension: The Revolutionary Nutrition and Lifestyle Program to Help Fight High Blood Pressure (What Your Doctor May Not Tell You About...(Paperback)) Blood Pressure: High Blood Pressure, Its Causes, Symptoms & Treatments for a long, healthy life.: Plus 9 Free Books Inside. (Blood Pressure, High Blood ... Hypertension, Blood Pressure Solutions.) High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI) Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1) Blood Pressure: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood Pressure and Reducing Hypertension (Blood Pressure Series Book

1) Blood Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series Book 2) What Your Doctor May Not Tell You About(TM): Autoimmune Disorders: The Revolutionary Drug-free Treatments for Thyroid Disease, Lupus, MS, IBD, Chronic ... Doctor May Not Tell You About...(Paperback)) What Your Doctor May Not Tell You About(TM): Breast Cancer: How Hormone Balance Can Help Save Your Life (What Your Doctor May Not Tell You About...(Paperback)) HIGH BLOOD PRESSURE: Blood Pressure Solution: The Step-By-Step Guide to Lowering High Blood Pressure the Natural Way, Natural Remedies to Reduce Hypertension Without Medication What Your Doctor May Not Tell You About(TM): Parkinson's Disease: A Holistic Program for Optimal Wellness (What Your Doctor May Not Tell You About...(Paperback)) BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) What Your Doctor May Not Tell You About(TM) Hip and Knee Replacement Surgery: Everything You Need to Know to Make the Right Decisions (What Your Doctor May Not Tell You About...(Paperback)) Blood Pressure: Blood Pressure Solution: The Step-By-Step Guide to Lowering High Blood Pressure the Natural Way in 30 Days! Natural Remedies to Reduce Hypertension Without Medication What Your Doctor May Not Tell You About(TM) Prostate Cancer: The Breakthrough Information and Treatments That Can Help Save Your Life (What Your Doctor May Not Tell You About...) What Your Doctor May Not Tell You About(TM) Glaucoma: The Essential Treatments and Advances That Could Save Your Sight (What Your Doctor May Not Tell You About...(Paperback)) What Your Doctor May Not Tell You About(TM) Colorectal Cancer: New Tests, New Treatments, New Hope (What Your Doctor May Not Tell You About...(Paperback)) What Your Doctor May Not Tell You About Menopause (TM): The Breakthrough Book on Natural Hormone Balance (What Your Doctor May Not Tell You About...(Paperback)) Blood Pressure Solution: How to lower your Blood Pressure without medication using Natural Remedies (Natural Remedies, Blood Pressure, Hypertension) What Your Doctor May Not Tell You About(TM): Premenopause: Balance Your Hormones and Your Life from Thirty to Fifty (What Your Doctor May Not Tell You About...(Ebooks)) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

