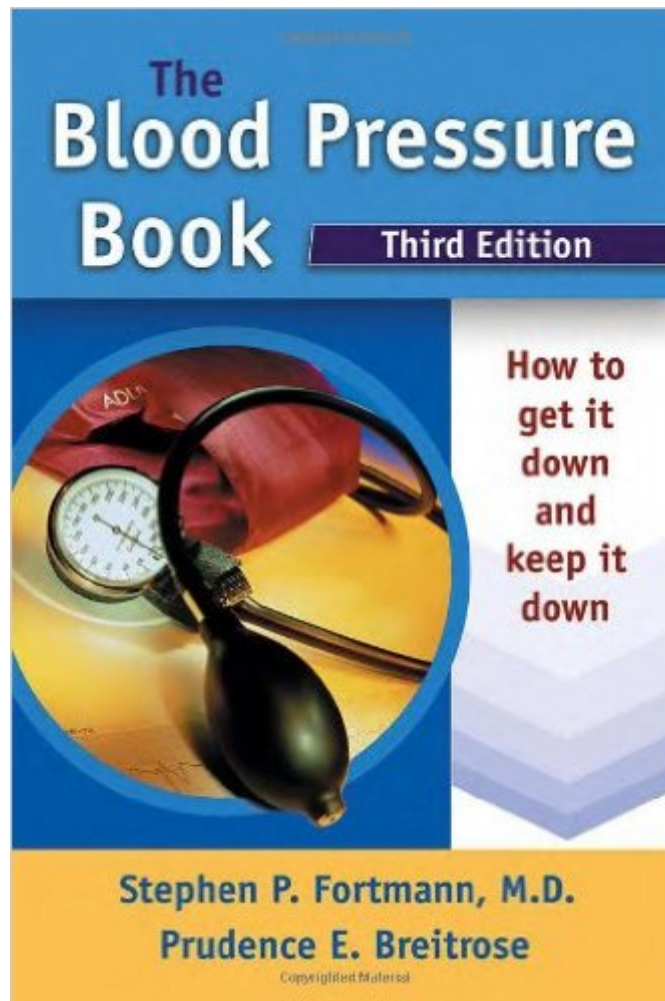


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# The Blood Pressure Book: How To Get It Down And Keep It Down



## 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

Paperback: 148 pages

Publisher: Bull Publishing Company; 3rd edition (April 1, 2006)

Language: English

ISBN-10: 0923521976

ISBN-13: 978-0923521974

Product Dimensions: 6 x 0.5 x 9 inches

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

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #989,331 in Books (See Top 100 in Books) #63 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure](#) #520 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease](#) #632 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." [#151](#); 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.

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