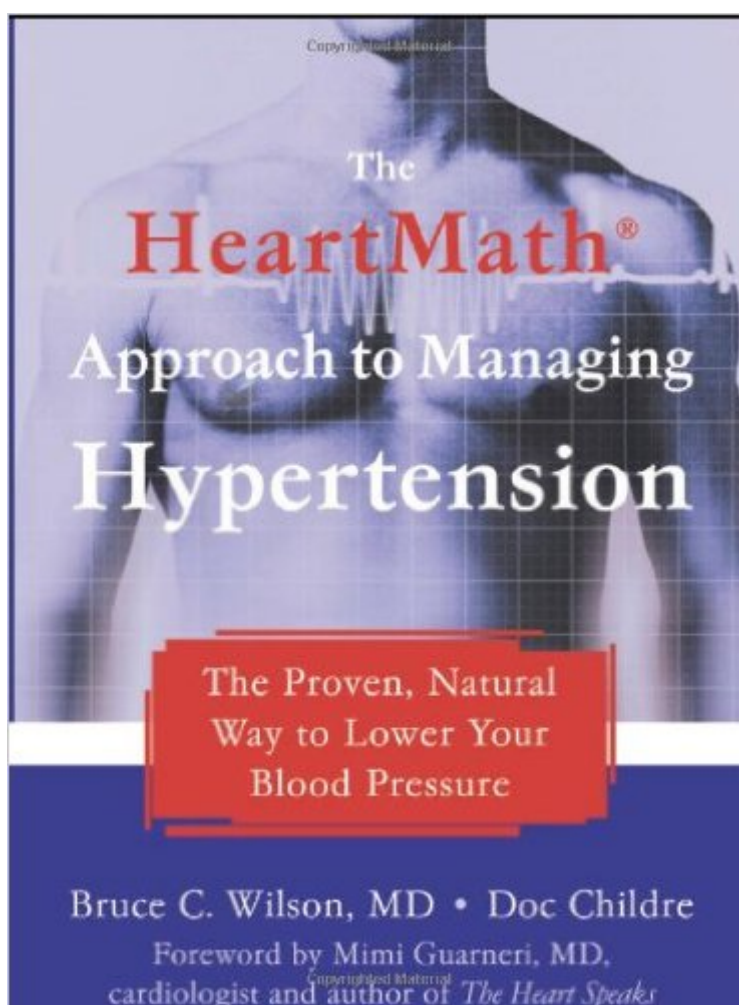


The book was found

# The HeartMath Approach To Managing Hypertension: The Proven, Natural Way To Lower Your Blood Pressure



## Synopsis

A Powerful, Drug-Free Approach to High Blood Pressure High blood pressure is a national epidemic. It's a condition that affects one in four Americans, most of whom have no idea they are at higher risk for heart disease, stroke, and other life-threatening problems. Conventional treatments for hypertension involve drugs, and these can have considerable side effects and may not ultimately succeed in getting those numbers down. Fortunately, the Institute of HeartMath has researched techniques for managing stress and hypertension for more than fifteen years. Now, at last, their highly effective strategies for regulating blood pressure safely and effectively are available to you. Using a series of unique techniques like the Freeze-Frame <sup>®</sup> and the Heart Lock-In <sup>®</sup>, this book will help you literally regulate your blood pressure at the source—the heart level—and reduce the stress that causes high blood pressure. In as little as ninety days, you can 'reset' your baroreceptor systems and lower your blood pressure. The approach is drug-free, safe, effective, and clinically validated.

## Book Information

Series: Heartmath

Paperback: 152 pages

Publisher: New Harbinger Publications; 1 edition (January 2, 2007)

Language: English

ISBN-10: 1572244712

ISBN-13: 978-1572244719

Product Dimensions: 7.6 x 6.5 x 0.5 inches

Shipping Weight: 4.8 ounces

Average Customer Review: 4.0 out of 5 stars <sup>®</sup> <sup>®</sup> See all reviews <sup>®</sup> (6 customer reviews)

Best Sellers Rank: #679,327 in Books (See Top 100 in Books) #48 in <sup>®</sup> Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure #387 in <sup>®</sup> Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease

## Customer Reviews

...written in an understandable and interesting style, this book explains breathwork in a modern way with modern research. I was recommended the HeartMath technique by my dentist to reduce my parasympathetic response so my major dentalwork would heal better. HeartMath techniques effect the whole body and offer those who suffer from staying in their "flight or fight" nervous system a way to easily access their "feed and breed" one more often.

All the key medical facts, advice, and explanation in a lucid and non-technical language is provided in this excellent book. This is "a-must-read" book for everyone, who wants to get educated on blood pressure or heart-related medical conditions.Thanks to this great author.

this book presents some interesting concepts in a well written manner. It is a good primer for someone looking to make some practical lifestyle changes to deal with hypertension. It also gives pause for thought on how we deal with the stresses and joys in our daily lives.A good, quick read.

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

The HeartMath Approach to Managing Hypertension: The Proven, Natural Way to Lower Your Blood Pressure 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 Bl) Blood Pressure Box set: Blood Pressure Solution - How To Lower Your Blood Pressure & Cholesterol Without Medication, Just By Using Natural Remedies and Diet! 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) Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating) The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without ... Boost your energy, and Stay healthy for life! High Blood Pressure Explained: Natural, Effective, Drug-Free Treatment for the "Silent Killer": (Blood Pressure, Hypertension, Heart Health, Naturopathy, Natural Remedies) Pressure Cooker: Mouthwatering Pressure Cooker Recipes - Granny's Pick Size L Recipes Collections(Pressure Cooking,Pressure Cooker Books,Pressure Cooker Recipe Book, Pressure Cooker Dump Dinner) The HeartMath Solution: The Institute of HeartMath's Revolutionary Program for Engaging the Power of the Heart's Intelligence Lower Your Blood Pressure Naturally: Drop Pounds and Slash Your Blood Pressure in 6 Weeks Without Drugs Pressure Cooker Cookbook: 3 In 1 Box Set - 310 Mouth-Watering and Healthy Pressure Cooker Recipes for Stove Top and Electric Pressure Cookers (Pressure Cooker, Pressure Cooker Recipes) Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks--Without Prescription Drugs High Blood Pressure Cure & Aging Well Box Set: How to Lower Blood Pressure Naturally and Make the Best of Your Golden Years High Blood Pressure

Solution: Simple Lifestyle Changes to Lower Blood Pressure Naturally and Prevent Heart Disease  
Diabetes: How to Lower Blood Sugar Naturally Without Drugs in 4 Weeks: (Diabetes, Lower Blood  
Sugar, Zero Sugar, Natural Remedies) Flat Belly: Dash Diet Weight Loss Action: Lose Weight The  
Natural Way & Lower Blood Pressure On A Healthy Lifestyle (Flat Belly, Dash Diet Weight Loss ...  
Diet for Weightloss, Dash Diet Cookbook) Blood Pressure Solution: How To Prevent And Manage  
High Blood Pressure Using Natural Remedies Without Medication Cooking Under Pressure -The  
Ultimate Electric Pressure Recipe Cookbook and Guide for Electric Pressure Cookers.: New 2016  
Edition - Now Contains 250 Electric Pressure Cooker Recipes. Pressure Cooker Cookbook: 370  
Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals  
(Pressure Cooker, Electric Pressure Cooker Cookbook)

[Dmca](#)