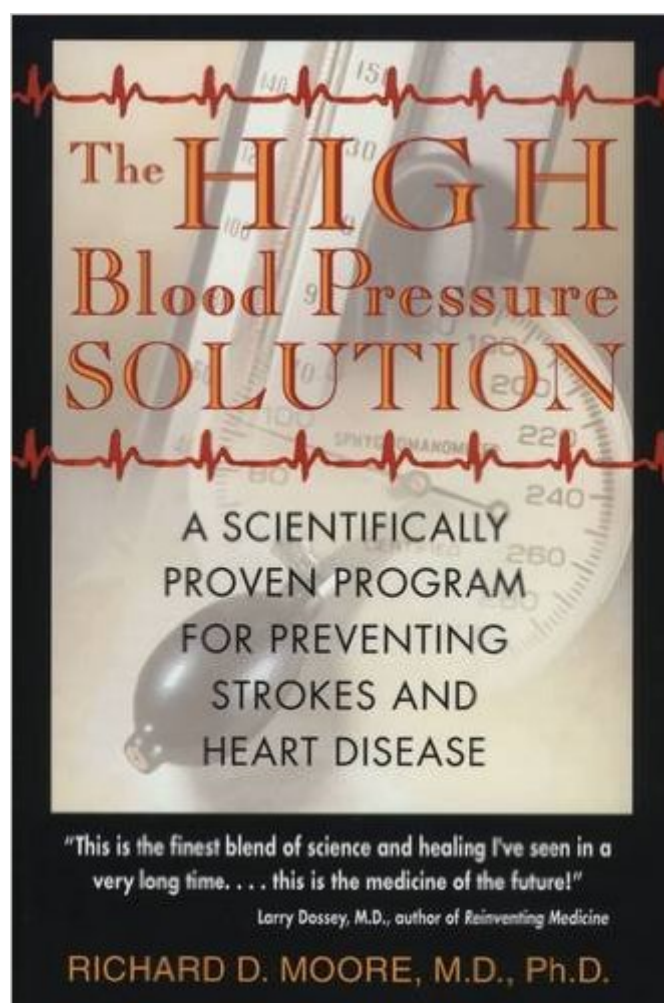


The book was found

The High Blood Pressure Solution: A Scientifically Proven Program For Preventing Strokes And Heart Disease



Synopsis

Proves that the majority of cases of stroke, heart attack, and hypertension can easily be prevented by maintaining the proper ratio of potassium to sodium in the diet. Updated with scientific evidence from a recent Finnish study showing a 60 percent decline in deaths attributed to strokes and heart attacks. Provides a comprehensive program for balancing body chemistry at the cellular level. High blood pressure is entirely preventable, without reliance on synthetic drugs. Dr. Moore's approach is simple: by maintaining the proper ratio of potassium to sodium in the diet, blood pressure can be regulated at the cellular level, preventing the development of hypertension and the high incidence of strokes and heart attacks associated with it. Dr. Moore updates this edition with a new preface reporting on the latest scientific research in support of his program. The most striking results come from Finland, where for several decades sodium chloride has been replaced nationwide with a commercial sodium/potassium mixture, resulting in a 60 percent decline nationwide in deaths attributed to strokes and heart attacks. Extrapolated to America, the Finnish statistics would mean 360,000 strokes prevented and 96,000 lives saved every year. Dr. Moore makes it clear that high blood pressure is only one symptom of an entire systemic imbalance. He outlines a safe, effective program that focuses on nutrition, weight loss, and exercise to bring the entire body chemistry into balance. For those currently taking blood pressure medications, he includes a chapter on working with your physician to ensure that any reduction in hypertension drugs can be effected gradually and safely.

Book Information

Paperback: 400 pages

Publisher: Healing Arts Press; 2nd edition (June 15, 2001)

Language: English

ISBN-10: 0892819758

ISBN-13: 978-0892819751

Product Dimensions: 6 x 1.2 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars See all reviews (94 customer reviews)

Best Sellers Rank: #61,579 in Books (See Top 100 in Books) #8 in Books > Health, Fitness &

Dieting > Diseases & Physical Ailments > Strokes #13 in Books > Health, Fitness & Dieting >

Diseases & Physical Ailments > High Blood Pressure #51 in Books > Health, Fitness & Dieting >

Diseases & Physical Ailments > Heart Disease

Customer Reviews

Richard Moore's book, "The High Blood Pressure Solution," is by no means perfect. The text is repetitive at times, for example. And the dietary program he recommends is sound, but sketchy; you'll probably find yourself hunting for additional materials -- low salt cook books, for example -- to round it out. Despite that, I give this book 5 stars because it may just be one of the most important books of its kind ever written, a book that could conceivably save millions of lives if recognized and adopted worldwide. And there's every good reason why it should be: the science behind it is absolutely solid. Moore is not only a medical doctor, but ALSO a biophysicist, and this book well reflects that dual background. A little of my own history may be instructive here. I first developed Stage I / II hypertension in the late 1990s, and did little about it. In April of 2002, I was sent to the ER with hypokalemia (low potassium). From that time until now (July, 2007), I obtained effectively NO help from any of the six doctors I consulted. My current provider is terrific in most ways, but even her help on this has been marginal. My complaint with all these people: though they proudly display their medical degrees, NONE had the slightest clue why I had developed high blood pressure. Not one could explain the hypokalemia, or how it related to my hypertension. Only one ever so much as mentioned diet, saying "You've cut back on salt, right? Good." None had any better idea on treatment but to ply me with expensive drugs that inflicted unending and often brutal side effects. Only my current -- and very caring -- provider took the time to discuss exercise and the critical role it can play.

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

The High Blood Pressure Solution: A Scientifically Proven Program for Preventing Strokes and Heart Disease
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)
Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice
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,)
High Blood Pressure Solution: Simple Lifestyle Changes to Lower Blood Pressure Naturally and Prevent Heart Disease
Blood Pressure Box set: Blood Pressure Solution - How To Lower Your Blood Pressure & Cholesterol Without Medication, Just By Using Natural

Remedies and Diet! Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery 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) Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating) Cardiovascular Disease: Fight it with the Blood Type Diet: The Individualized Plan for Treating Heart Conditions, High Blood Pressure, High ... (Eat Right 4 (for) Your Type Health Library) Blood Pressure Solution: How To Prevent And Manage High Blood Pressure Using Natural Remedies Without Medication 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) High Blood Pressure Explained: Natural, Effective, Drug-Free Treatment for the "Silent Killer": (Blood Pressure, Hypertension, Heart Health, Naturopathy, Natural Remedies) NO More Heart Disease: How Nitric Oxide Can Prevent--Even Reverse--Heart Disease and Strokes The South Beach Heart Health Revolution: Cardiac Prevention That Can Reverse Heart Disease and Stop Heart Attacks and Strokes (The South Beach Diet) XENICAL (Orlistat): Used with a Reduced-Calorie Diet to Help Lose Weight and in Overweight People who may also have Diabetes, High Blood Pressure, High Cholesterol, Or Heart Disease Put Your Heart in Your Mouth: Natural Treatment for Atherosclerosis, Angina, Heart Attack, High Blood Pressure, Stroke, Arrhythmia, Peripheral Vascular Disease High Blood Pressure Cure & Aging Well Box Set: How to Lower Blood Pressure Naturally and Make the Best of Your Golden Years Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure

[Dmca](#)