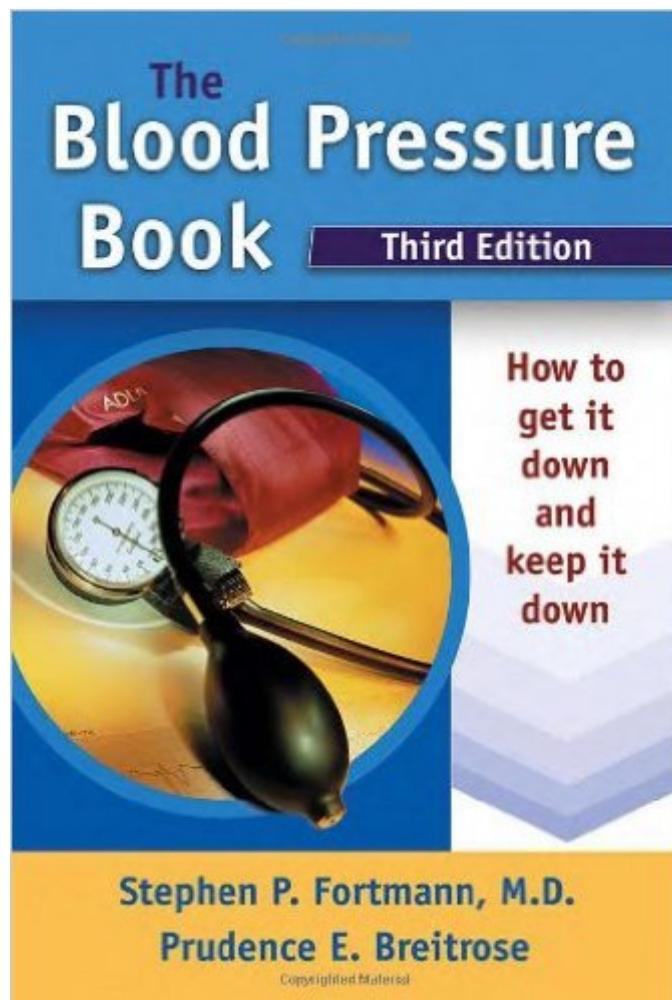


The book was found

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

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Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (2 customer reviews)

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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."Â —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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