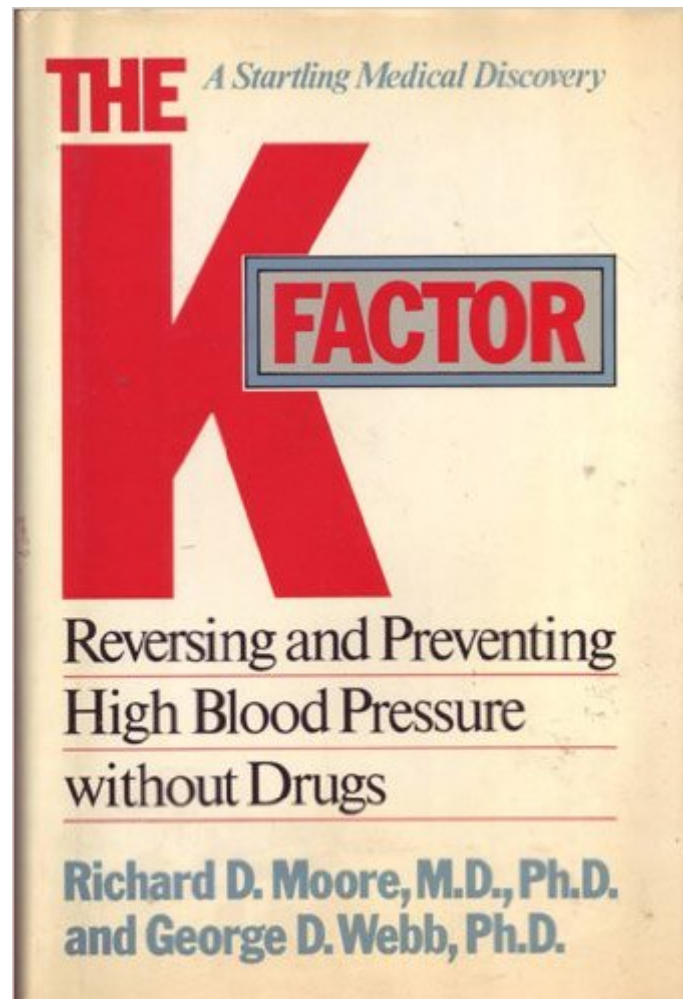


The book was found

# The K Factor: Reversing And Preventing High Blood Pressure Without Drugs



## Book Information

Hardcover: 431 pages

Publisher: Macmillan Pub Co; 1st Edition edition (May 1986)

Language: English

ISBN-10: 0025861905

ISBN-13: 978-0025861909

Product Dimensions: 8.2 x 5.2 x 1.3 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #1,869,208 in Books (See Top 100 in Books) #82 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure

## Customer Reviews

Writtern so that "regular folk" can understand it, The K Factor tells you how to lower your blood pressure and feel better right away. Not wanting the side-effects of medication to control my hypertension (which had reached 185/99) I searched for natural remedies. This book tells it all, naturally. There are even lists of what you CAN eat (and cannot) and still keep the pressure down. My heart feels healthier, I have no more headaches, more energy, and a much better disposotion since I started controlling my K factor to lower my pressure (which now averages 127/79). Every hypertension patient should read this book.

I read this book more than 20 years ago and followed it religiously for 9 months. I was able to eliminate my medications for high blood pressure as a result (no restaurant food during that time). Then was able to slowly add small amounts of sodium containing refined foods without raising blood pressure. An excellent book! Only now is this information becoming mainstream in the medical profession.

Everyone healthy or not should read this book. It addresses root cause of high blood pressure with scientific evidence. You can help someone among your friends, relatives and family by guiding them in the right direction.

I've bought a few of this book to give to my family members and friends over the years because it worked so well for me.

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

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) The K Factor: Reversing and Preventing High Blood Pressure Without Drugs 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,) Diabetes: Type 2 Diabetes: 30 Natural Methods for Preventing & Reversing Diabetes. Your Guide to: Lower Blood Sugar. (Reversing Diabetes, Hyperglycemia, High Blood Sugar, Sugar Detox) 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 Box set: Blood Pressure Solution - How To Lower Your Blood Pressure & Cholesterol Without Medication, Just By Using Natural Remedies and Diet! Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating) Lower Your Blood Pressure Naturally: Drop Pounds and Slash Your Blood Pressure in 6 Weeks Without Drugs Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks--Without Prescription 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) Hypertension and You: Old Drugs, New Drugs, and the Right Drugs for Your High Blood Pressure Blood Pressure Solution: How To Prevent And Manage High Blood Pressure Using Natural Remedies Without Medication Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs 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 Solution: Simple Lifestyle Changes to Lower Blood Pressure Naturally and Prevent Heart Disease 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 Explained: Natural, Effective, Drug-Free Treatment for the "Silent Killer": (Blood Pressure, Hypertension, Heart Health, Naturopathy, Natural Remedies) Chelation Can Cure: How to Reverse Heart Disease, Diabetes, Stroke, High Blood Pressure and Poor Circulation Without Drugs or Surgery Pressure Cooker Cookbook: 370 Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals (Pressure Cooker, Electric Pressure Cooker Cookbook)

