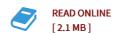




Overcoming Hypertension : Dr. Kenneth H. Cooper's Preventive Medicine Program

By Cooper, Kenneth H.

Bantam Books, 1990. Hardcover. Condition: New. Dust Jacket Condition: New. 397 Pages. From the Publisher: Like a time bomb ticking away, hypertension builds quietly, gradually, placing unbearable strain on the body until it explodes--in heart attack, stroke, kidney failure, arterial disease, even death. But the disease does not have to progress that way. Here, in the third volume of the highly acclaimed Preventive Medicine Program, Dr. Kenneth H. Cooper, one of the nations foremost experts in the field of preventive medicine, presents a medically sound, reassuringly simple program that help you lower you blood pressure--and keep it down, often without drugs. Overcoming Hypertension gives you: --The latest facts on how cholesterol, cigarette smoking, obesity, and stress affect coronary risk levels. --Your high blood pressure risk profile, with newly devised charts for men and women. --A complete fitness program that lets you choose the sport that works for you. Plus a unique illustrated guide to aqua-aerobics. --Tips on talking to your doctor that will help you become an active participant in your own recovery. --A guide to anti-hypertensive drugs--the most up-to-date list of medications, their recommended daily doses, and ways to minimize side effects. --Three distinct dietary programs, complete with menus,...



Reviews

A top quality publication along with the font used was intriguing to read. I really could comprehended everything using this written e ebook. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

-- Cathrine Larkin Sr.

Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

-- Mark Bernier