



Overcoming Hypertension (Paperback)

By Kenneth H Cooper

Random House USA Inc, India, 2003. Paperback. Condition: New. Language: English. Brand new Book. 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, recipes,...



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