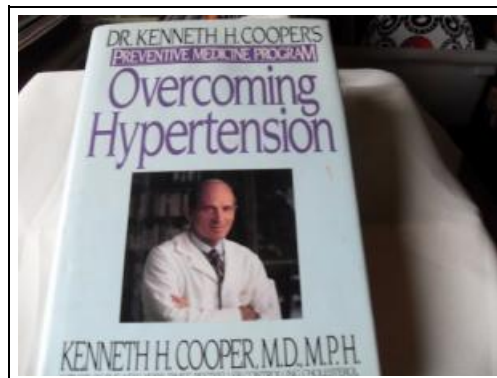


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OVERCOMING HYPERTENSION : DR. KENNETH H. COOPER'S PREVENTIVE MEDICINE PROGRAM



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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, recipes, nutritional charts, healthy cooking tips, and much more. --Take charge of your health and well-being with Overcoming Hypertension. "Every hypertensive person would benefit from having this book to refer to understanding their problem and learning how to effectively deal with it. Physicians would do well to recommend to their hypertensive patients to facilitate their medical management."--William B. Kannel, M.D., M.PH., professor of medicine and public health, Section of Preventive Medicine and Epidemiology, Boston University School of Medicine. --This text refers to an out of print or unavailable edition of this title. From the Back Cover "Every hypertensive person would...



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