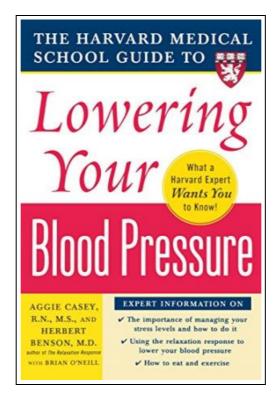
# Harvard Medical School Guide to Lowering Your Blood Pressure



Filesize: 7.86 MB

# Reviews

A brand new electronic book with a new standpoint. It is writter in basic phrases rather than confusing. Its been designed in an extremely basic way which is merely right after i finished reading through this publication where basically altered me, change the way i believe. (Kitty Crooks)

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McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, Harvard Medical School Guide to Lowering Your Blood Pressure, Aggie Casey, Herbert Benson, An innovative approach to lowering blood pressure that builds on the national bestseller The Relaxation ResponseFor the 100 million people worldwide dealing with high blood pressure, bestselling author Dr. Herbert Benson and cardiac wellness expert Aggie Casey have created a proven plan for lowering blood pressure Based on the groundbreaking work done at the Mind/Body Medical Institute, the authors' program goes beyondadvice about nutrition and exercise to incorporate a proven stress-management program--including the relaxation response. Key features Easy-to-follow diet and nutrition guidelines Directives for heart-healthy exercise Proven relaxation techniques for managing stress and improving cardiovascular health Expert advice on how to talk to your doctor about your blood pressure The low-down on blood pressure lowering drugs and their side effects Tips on how to create a personalized program that's just right for you.



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