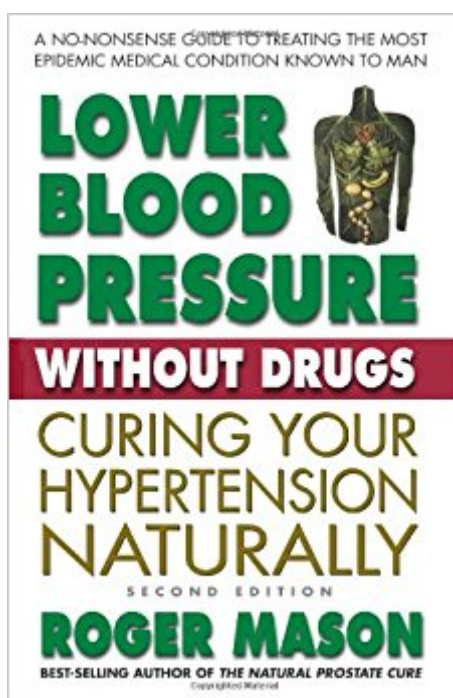


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# Lower Blood Pressure Without Drugs: Curing Your Hypertension Naturally, 2nd Edition



## Synopsis

High blood pressure can cause strokes, heart attacks, and congestive heart failure, but while prescription drugs may relieve this problem, they often have dangerous side effects. Fortunately, there are natural alternatives. This book first examines the major causes of this disorder, including poor nutrition and obesity. It then details how a healthy diet--rich in vegetables, beans, and whole grains--can regulate blood pressure and improve health. The author also discusses supplements that can enhance well-being.

## Book Information

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## Customer Reviews

Roger Mason is an internationally known research chemist who studies natural health and life extension. He develops unique natural supplements and products. Mr. Mason has written several bestselling titles including *Lower Cholesterol Without Drugs* and *The Natural Diabetes Cure*. A frequent guest speaker on radio stations across the country, he advocates natural alternatives to drug therapies. Mr. Mason lives with his wife and dog in Wilmington, North Carolina, where they produce Young Again Products, Inc. You can find out more about Mr. Mason and his books by visiting his website at [www.youngagain.org](http://www.youngagain.org).

This book is the most researched, comprehensive, factual, and effective book in print on lowering blood pressure. Here you will find endless scientific, international, published clinical proof of everything you read. The vast majority of books on hypertension are simply full of misinformation. You don't lower blood pressure by covering up the symptoms with toxic, expensive drugs

that have serious side effects. These poisons shorten your life, and hurt the quality of your life. Using natural medicine, you treat the very cause of your problems with diet and lifestyle. Diet and lifestyle cure disease. Diet and lifestyle lower your blood pressure. Diet and lifestyle are the only real cure. Diet, proven supplements, natural hormones, exercise, weekly fasting, refusing all prescription drugs and medical treatments, and ending any bad habits (like drinking coffee) is the only path to wellness. Americans have the highest blood pressure levels of anyone. This is not merely due to stress. The key to understanding high blood pressure, more than anything else, is insulin resistance. Here our insulin loses effectiveness. The main cause of this is our extreme consumption of various sugars. Americans, on the average, hog down over 160 pounds of various sugars every year. Other major factors include obesity, lack of exercise, excessive fat and protein intake, and alcohol use. We are overfed and undernourished. Essential hypertension is the most prevalent medical condition on the face of the earth. Over 65 million one-third of American adults have high blood pressure, defined as 140/90. Over 40 million more are "pre-hypertensive" defined as pressures over 120/80. Anti-hypertensive drugs are the third most common prescriptions written. These toxic dangerous drugs simply make you worse. One-third of all American adults suffer from high blood pressure, and many of them go undiagnosed. Cardiovascular heart disease (CHD) is the biggest killer of all world-wide. This epidemic is completely unnecessary. This book is based on the last twenty years of international published clinical research. Everything you need to know is in this factual, easy-to-read book. Be your own doctor, and take responsibility for your health.

This is a very short book. Only about 100 pages. That would be fine if it was well-written and had valuable info. There are some good points in the book. But many things are just plain wrong, or at least highly skewed in perception. The author believes a whole grain diet will solve high blood pressure. I'm not convinced of this. I agree we tend to eat too much meat and bad fats, etc. But trying to battle insulin resistance without meat is difficult. Many of his points are not argued well. They are just stated as fact. He does reference some studies for some of it, but the whole book is just poorly written. He should have hired a ghost writer. Other interesting facts. He says flax oil is so much better than fish oil. But he fails to point out that flax oil lacks DHA. And that fish oil is proven blood thinner. In some ways this book is worse than a book by an MD. It is very left brained with very few practical suggestions of application. I bought this because it was written by a chemist. I expected a much more professional and thorough analysis of the subject. It appears to just be some notes thrown together with little thought for logical flow and proving his points. But the biggest problem lies

in his claims of certain things being black and white facts, that are simply not. He includes a chapter on "the only supplements PROVEN to work." Again, HE is making this choice himself, without weighing the pros and cons and balancing the current consensus in the health community. And many of the supplements have no connection to blood pressure or cardiovascular issues. As I said there are some good points to the book, but overall the book really loses focus. It just doesn't focus the authors knowledge and opinions around high blood pressure. Some of it does, but often he goes far off track. Unfortunately I haven't found a good book on hypertension yet. It seems you need to buy many to get the whole story. I had gotten results previously with The K Factor. The book that recommends 4 times the daily intake of potassium as compared with sodium. It makes a lot of sense.

Very helpful book, you just need to have the coraue to follow thru to see the results, very recommend it !!!

Interesting.

Ok

I did not like the book at all

This booklet has some interesting information in it but the overly-opinionated and under-substantiated writing style gets tedious very quickly. The author's explanation of hormones and minerals and why the body needs them is interesting. He includes recommendations for dosage and type. Some of this booklet restates advice that's been out there for some time regarding fats and complex carbohydrates and it reads much like the advice you get from your doctor/nutritionist. Overall, the author shows a disdain for doctors, describing them as "clueless" more than once. The author is passionate and opinionated about the long list of foods he does not want you to eat, including meat, poultry, dairy, potatoes, tomatoes, sugar, sugar substitutes etc. There is a very long list of supplements, with dosage recommendations. The advice offered that I felt was the most questionable regarded insulin resistance. The author advised eating 2 meals a day and fasting one day a week, all while avoiding protein sources like meat, poultry and eggs.

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Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood

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