

THE BLOOD PRESSURE SOLUTION

SECOND EDITION

A Comprehensive Approach to
Targeting the Underlying Causes
of Hypertension and Controlling
Your Blood Pressure *Naturally*

Dr. Marlene Merritt, DOM, MS Nutrition

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The Blood Pressure Solution

**David DeRose MD MPH, Greg Steinke
MD MPH, Trudie Li MSN FNP**

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The Blood Pressure Solution Marlene Merritt,2017 [The High Blood Pressure Solution](#) Richard D.

Moore,2001-05-01 Proves that the majority of cases of stroke heart attack and hypertension can easily be prevented by maintaining the proper ratio of potassium to sodium in the diet Updated with scientific evidence from a recent Finnish study showing a 60 percent decline in deaths attributed to strokes and heart attacks Provides a comprehensive program for balancing body chemistry at the cellular level High blood pressure is entirely preventable without reliance on synthetic drugs Dr Moore s approach is simple by maintaining the proper ratio of potassium to sodium in the diet blood pressure can be regulated at the cellular level preventing the development of hypertension and the high incidence of strokes and heart attacks associated with it Dr Moore updates this edition with a new preface reporting on the latest scientific research in support of his program The most striking results come from Finland where for several decades sodium chloride has been replaced nationwide with a commercial sodium potassium mixture resulting in a 60 percent decline nationwide in deaths attributed to strokes and heart attacks Extrapolated to America the Finnish statistics would mean 360 000 strokes prevented and 96 000 lives saved every year Dr Moore makes it clear that high blood pressure is only one symptom of an entire systemic imbalance He outlines a safe effective program that focuses on nutrition weight loss and exercise to bring the entire body chemistry into balance For those currently taking blood pressure medications he includes a chapter on working with your physician to ensure that any reduction in hypertension drugs can be effected gradually and safely **Blood Pressure Solution: The Path to Naturally Lower and ...** , [Blood Pressure](#) Mark Evans,2018-04-20 Are you tired of hearing your doctor talk to you about your rising blood pressure levels Do you moan inside when health professionals hand you pamphlets regarding information about hypertension Does it seem like no matter what you eat or do on a regular basis you cannot seem to curb those levels to a reasonable number If some or all of these apply to you you have reached out to the right place The Blood Pressure Solution was written to bring to light one of the main medical ailments that plague many individuals and why they can be detrimental to your health It is all about eating the right combinations of food that allow us to intake fewer amounts of sodium which in the long run will decrease both your hypertension and blood pressure levels The contents of this book include The dangers that rising blood pressure levels can have on your bodyA range of delicious recipes that are safe to consume if you are trying to lower hypertension and blood pressure And more Each of the recipes is designed not only to be healthier for you but easy to make all the while not sacrificing your taste buds and ultimate satisfaction Why should you have to waste the rest of your life eating cardboard and things that make you hungrier Life should be lived to the fullest and anyone even people with health issues should not have to skimp out on delicious and nutritious foods Isn t it about time you put down that expensive nasty health food and conquered your enemy of blood pressure and hypertension at the source It is

time that you owe it to yourself to live smarter not harder This book has a variety of recipes that can be made at any hours of the day and during any day of the week Find the ones that fit into your lifestyle satisfy your taste buds and lower your levels back down to create a healthier version of you You owe it to yourself to save money decrease sodium and be happier with your way of life It is time to purchase and crack open the delightfulness that this recipe book has to offer you Good luck as you embark on the journey to becoming a healthier you You will see and feel the difference And your doctor will too

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The Blood Pressure Solution - Control Your Blood Pressure Naturally Edgar Ortega,2015-03-01 Learn Exactly How To STOP High Blood Pressure And Eliminate Your Risk Of A Heart Attack Or Stroke In Just A Few Short Days Using A Step By Step Natural Home Remedy With No Worry No Wasted Money No Pain and No Harmful Drugs Blood Pressure Mark Evans,2018-04-20 With close to a third of adult Americans have been diagnosed with high blood pressure and hypertension yet over 50% of diagnosed patients don t have it under control high blood pressure and hypertension are a serious problem The good news is Blood Pressure and Hypertension is easily treatable In this book we will go over the proven process to successfully prevent control and lower high blood pressure By implementing the strategies listed within this book you will be well on your way to successfully lowering your blood pressure and increasing the quality of your life In this book you will learn What is blood pressureDifferent types of high blood pressureComplications of high blood pressureRisk factors for hypertensionWhat to eatWhat to avoidDo s and Don ts in cookingExercise and weight loss strategies for hypertensionStress and high blood pressureSample recipes for lower blood pressure breakfast lunch dinner snacks Foods to substitute to lower blood pressureHow to live with high blood pressureAnd much more The new heart healthy life is just right around the corner So grab a copy of this book and start lowering your blood pressure today **Blood Pressure** Mark Evans,2019-06-24 Fact is Blood Pressure and Hypertension is easily treatable In this book we will go over the proven process to successfully prevent control and lower high blood pressure By implementing the strategies listed within this book you will be well on your way to successfully lowering your blood pressure and increasing the quality of your life **Thirty Days to Natural Blood Pressure Control** Mph David DeRose MD,Mph Greg Steinke MD,Trudie Li Fnp,2016-09-27 High Blood Pressure Even if you haven t received the diagnosis yet as many as three quarters of the Western world will have to contend with high blood pressure sometime in their lives However you no longer need to be a victim Drs DeRose and Steinke along with Nurse Practitioner Li draw from cutting edge medical research and their decades of clinical experience to guide you on an amazing 30 day journey Learn simple natural strategies that have helped many people decrease or eliminate their dependence on medications Other titles may promise fast results with natural blood pressure strategies but few if any are as

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Thirty Days to Natural Blood Pressure Control David DeRose MD MPH, Greg Steinke MD MPH, Trudie Li MSN FNP, 2017-02-07 One third of American adults have high blood pressure increasing their risk of heart attack stroke and blindness In this comprehensive book practicing health professionals offer practical natural blood pressure control strategies giving you a 30 day road map to decreasing your risk of complications without medication side effects **Blood Pressure**

Eva Coleman, 2016-05-10 A Proven Step By Step Process to Controlling and Lowering Blood Pressure Without Prescription Medication Start Lowering Your Blood Pressure Now The Natural Way INCLUDES 3 BONUSES DASH Diet Recipes Juicing Recipes and 5 Secret Supplements This book provides you with all the knowledge and strategies you can take to prevent control and lower high blood pressure from adopting healthy lifestyle modifications and understanding dietary requirements to using natural remedies By the end of this comprehensive guide you will Understand the causes of high blood pressure and it affects your body and health Know how to measure your own blood pressure Be aware of the risk factors associated with high blood pressure Know how to control and reduce your blood pressure Know how to incorporate lifestyle changes that can lower your blood pressure Know how to treat high blood pressure once you have been diagnosed Be able to develop a nutritious and balanced diet plan Be able to develop an exercise program lose weight and stay healthy Know how to manage stress healthily practice relaxation and other mind body therapies Know what substances and medications to avoid Understand dietary electrolytes and how they can help stabilize your blood pressure Know what natural remedies can be used to reduce blood pressure Be able to reduce your blood pressure and improve your health and wellbeing for the long term And much more All of this is presented with clear and easy to follow steps Guidelines exercise and eating plans are provided to make sure you are on track to lowering your blood pressure and improving your health for the long term Get Started Now and Finally Take Complete Control of Your Health Blood Pressure Emily Hoskins, 2015-07-04 BLOOD PRESSURE SOLUTION LOWER YOUR BLOOD PRESSURE USING NATURAL High blood pressure It s called The Silent Killer and it could strike any of us at any time without warning There can be absolutely no signs symptoms or warning Our highly stressed busy and sedentary lifestyles are slowly killing us through poor diet and lack of exercise The Silent Killer has crept into our society and over 29% or 70 million adults in America suffer from high blood pressure SO WHAT ACTUALLY IS HIGH BLOOD PRESSURE OR HYPERTENSION AND WHAT CAUSES IT These are great questions that will be answered throughout the book and you will be taught how to make some natural basic lifestyle changes that could inevitably save your life The focus is on helping you stay away from medications by learning about changes in diet increasing exercise and reducing your stress levels Buy this book now and not only will you learn how you can lower your blood pressure naturally but you will also increase your energy levels and ultimately improve your quality of life **High Blood Pressure Solution**

Stephen Kate, 2022-02-19 We are undergoing a blood pressure crisis Hypertension affects about 70 million Americans yet just 56 percent have it under control 69 percent of first heart attacks and 77% of first strokes are caused by hypertension

However there is some good news high blood pressure is a condition that responds well to lifestyle adjustments And the more you adapt the better your results will be You re not alone if you have high blood pressure roughly a third of adults in the United States have been diagnosed with hypertension with another quarter on the point Despite this 56% of people who have been diagnosed do not have control over their condition What s the good news Hypertension is easily curable and preventive and you can start lowering your blood pressure in only four weeks without the risks and side effects associated with prescription drugs Stephen Kate articulates everything he s learned over decades of helping her patients reduce their blood pressure into a 17 simple practical techniques to decrease your blood pressure that everyone can handle in this book HIGH BLOOD PRESSURE SOLUTION Blood Pressure Down Janet Bond Brill, PhD, RD, LDN,2013-05-07 For the nearly 78 million Americans with hypertension a safe effective lifestyle plan incorporating the DASH diet principles and much more for lowering blood pressure naturally If you have high blood pressure you re not alone nearly a third of adult Americans have been diagnosed with hypertension and another quarter are well on their way Yet a whopping 56 percent of diagnosed patients do not have it under control The good news Hypertension is easily treatable and preventable and you can take action today to bring your blood pressure down in just four weeks without the potential dangers and side effects of prescription medications In Blood Pressure Down Janet Bond Brill distills what she s learned over decades of helping her patients lower their blood pressure into a ten step lifestyle plan that s manageable for anyone You ll harness the power of blood pressure power foods like bananas spinach and yogurt start a simple regimen of exercise and stress reduction stay on track with checklists meal plans and more than fifty simple recipes Easy effective safe and delicious Blood Pressure Down is the encouraging resource that empowers you or your loved ones to lower your blood pressure and live a longer heart healthy life

Blood Pressure Solution Louise Jiannes,2017-01-26 Get ready to be equipped with the basic knowledge about high blood pressure and how to reverse it naturally without the use of drugs or medications

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