

# THE BLOOD PRESSURE SOLUTION

SECOND EDITION

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

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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

**How Is High Blood Pressure Treated** Gertrud Buquet,2021-04-13 When you get a high blood pressure reading at the doctor s office it might be tough for you to understand exactly what impact those numbers can make on your overall health After all high blood pressure a k a hypertension has no unusual day to day symptoms But the truth is that having high blood pressure is a serious health risk it boosts the chances of leading killers such as heart attack and stroke as well as aneurysms cognitive decline and kidney failure You want to learn what causes your high blood pressure and how to get rid of it in natural ways Then this book is for you In this book you will find information about your high blood pressure problem There is a lot of information about the specific causes of high blood pressure whether is stress or overweight problems There are 8 causes that are discussed and explained in this book You first need to know why before treating your blood pressure You will find what the consequences of having high blood pressure are what exactly in your body is affected diabetes strokes kidney failure and many more and what preventions you should do each condition The most important information that will be given to you is a clear nutrition guide What to eat and what NOT to eat all fruits and vegetables that should be consumed minerals that are beneficial for you and meats to eat If you are sure what to prepare there are several recipes included This book s main focus is to help you get rid of high blood pressure with no need to use medications or go to a doctor this is why all of the remedies could be done fast and by anyone This book will help you Chapter 1 Blood pressure basics You need to know why you have high blood pressure in order to cure it Chapter 2 Dangers Treatment and Prevention Most of the important consequences of high pressure will be explained and shown how to be prevented Chapter 3 Controlling the natural Way all ailments that you should be eating in order to put your blood pressure in the norms

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Guide is for everyone regardless of your current state of fitness or health It s an easy to follow no nonsense guide to reclaiming your natural vigor while normalizing your blood pressure in the process And that can be accomplished without running marathons or eating like a sparrow Simple and small changes can result in big benefits and this guide shows you how If you are currently on a regime of blood pressure medications this guide will help you reduce and later eliminate that habit while keeping your blood pressure in a healthy range If your blood pressure is beginning to rise and you want to avoid a lifetime of blood pressure pills this guide will enable you to avoid that fate If your blood pressure is still in an acceptable range and you want to keep it that way following this guide will help you maintain a healthy balance and avoid any number of health complications in the future including increased blood pressure

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