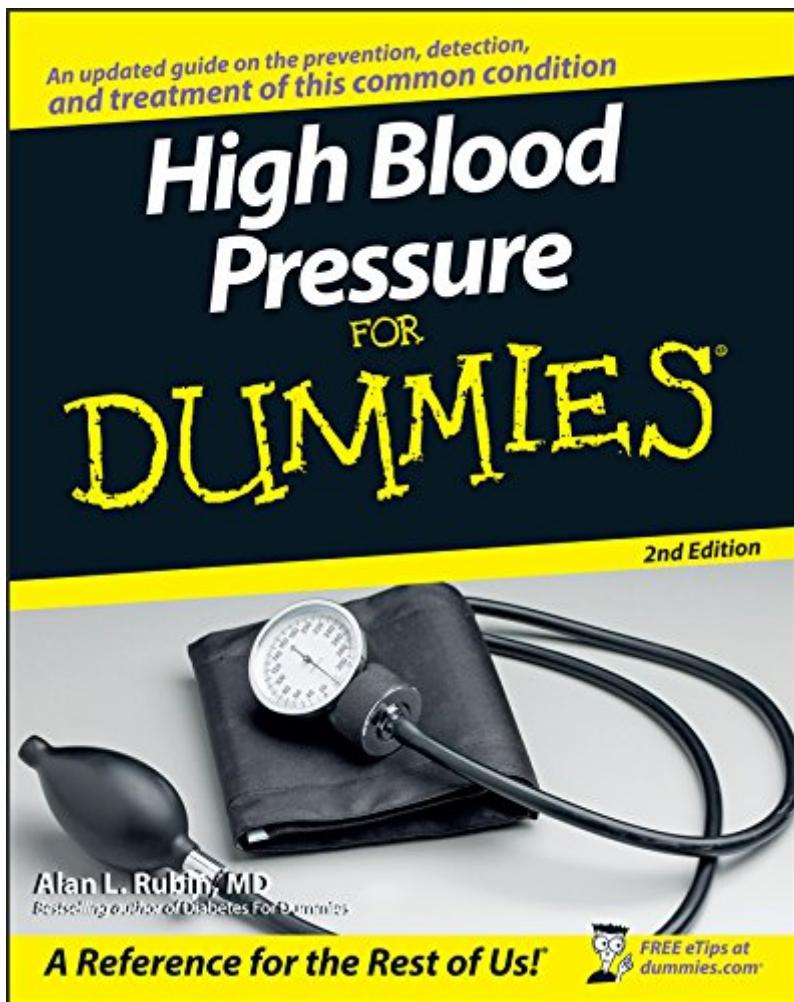


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# High Blood Pressure For Dummies®



## **Synopsis**

New info on high blood pressure in women, children, and the elderly The fun and easy way to take charge of hypertension and add years to your life! Are you battling high blood pressure? This updated guide explains all the latest breakthroughs in the detection, treatment, and prevention of high blood pressure, helping you determine whether you're at risk and develop a diet and exercise program to keep your blood pressure at healthy levels. You'll also find new information on protecting your heart, kidneys, and brain and dealing with secondary high blood pressure. Measure your blood pressure properly Develop a successful treatment plan Improve your lifestyle habits Evaluate new drug therapies Find resources and outside support

## **Book Information**

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## **Customer Reviews**

I have the former Kindle editionNot clear form the commentaries what is new in this edition.....if not for a new ACE or CC-blocker??I would be wise that would comment on this.The book [my edition ] is clear and has certainly very useful information.More personal experience one can find in:

Hypertension and you [Samuel J. Mann, M.D] which is really excellent.

Excellent advice for the health-conscious.

Valuable book. I just purchased this book and so far it's great. Really informative and easy to read. I suffer from the condition so hoping the book can do me some real good. Thanks to the author.

I bought this book because my husband is very interested in the topic. HBP runs in his family, he got it a wk ago and he's almost done reading it. He found the information highly helpful. Great book!

Everyone with High BP should have this

only informative if you profoundly uninformed

This is really very useful for the person who is new to having high blood pressure.

Very informative

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