



# **Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks--Without Prescription Drugs**

*Janet Bond Brill Phd Rd Ldn*

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**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.

*From the Trade Paperback edition.*

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