



8 Weeks to Lower Blood Pressure: Take the Pressure Off Your Heart Without the Use of Prescription Drugs

Robert E. Kowalski

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High blood pressure is one of the biggest killers in the UK today: it is a major factor in causing heart disease, stroke, peripheral vascular disease and renal failure. About 3 in every 10 adults in England have high blood pressure. Among people in their 60s, about 6 out of 10 have high blood pressure, and among people in their 70s, 7 out of 10 people have it. In *8 Weeks to Lower Blood Pressure* internationally-respected author Robert Kowalski provides vital information on recognising the risks of high blood pressure and lays out lifestyle advice, heart-friendly exercise programmes and tempting recipes that will help you to reduce your blood pressure in just eight weeks. Some tips include: - Put a heaped teaspoon of potassium into every saucepan of boiling water you use when you are cooking vegetables or pasta or rice - Grape seed extract in just one small capsule a day, is sufficient to lower blood pressure by 7 or 8 points. It is just as effective as prescription drugs, without the side effects, is inexpensive and easy to do - Even cocoa powder can lower blood pressure by 4-6 points. With special considerations for men, women, children and diabetics, as well as the truth on salt and sodium intake, this book could add years to your life and help you to decrease your prescription drug dosage - or even go without them all together.

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