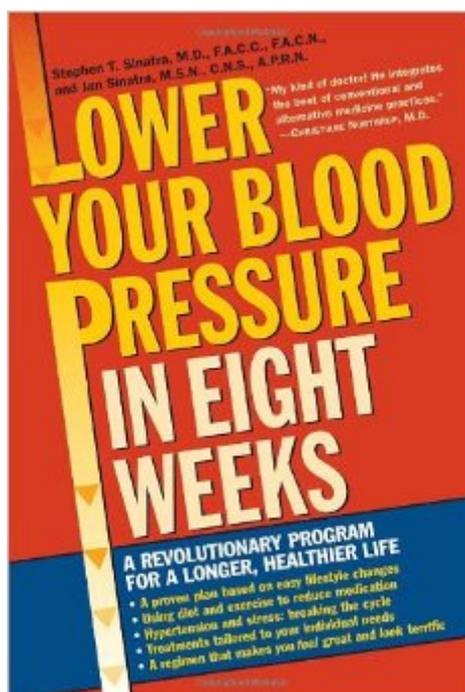


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# Lower Your Blood Pressure In Eight Weeks: A Revolutionary Program For A Longer, Healthier Life



## Synopsis

The numbers speak for themselves. More than 50 million Americans suffer from high blood pressure—and yet despite the billions we spend on medication, the death rate from high blood pressure has risen 36 percent in the past decade. Clearly, the time has come for a radical new treatment plan. And that's exactly what Dr. Stephen T. Sinatra delivers in this invaluable new book. All too often people with high blood pressure get the same frustrating advice from their doctors: lose some weight, lay off the salt, and fill a bunch of prescriptions. One of the nation's leading authorities on cardiovascular disease, Dr. Sinatra offers a different approach. Through an eight week plan that takes into account your lifestyle, medical history, and special needs, this book will dramatically lower your blood pressure while at the same time reducing or even eliminating your need for medications. Inside you will discover:

- How to diagnose high blood pressure and get the help you need fast
- A meal-by-meal diet plan you can start following today
- The relationship between hypertension, cholesterol, heart disease, and stroke
- The special risk factors for women, the elderly, and African Americans
- Easy, enjoyable exercises you can make part of your daily routine
- How dietary supplements work and which ones are best for you
- Which medications to use—and which to avoid
- Finding the stress-reduction program that works for you

Clearly written, user friendly, grounded in science and common sense, and full of inspiring case histories and delicious recipes, *Lower Your Blood Pressure in Eight Weeks* is the one book that deals with all the factors involved in hypertension. This program has worked wonders with hundreds of Dr. Sinatra's patients. Now it will do the same for you!

## Book Information

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## Customer Reviews

Ever wonder what Asparagus, Avacados and Anger have to do with hypertension? Although some folks suggest you should not eat Avocados if you are on a low fat diet, perhaps you will reconsider after you read Steven and Jan Sinatra's book. And although asparagus are available seasonally, so you may want to eat as many of the fresh ones as you can and avoid the canned variety unless you wash the salt off. Frozen asparagus are okay but they lack the crunch of course. The Sinatras say your best bet is to freeze your own. Anger is the killer. Try yoga, deep breathing exercises, aromatherapy, and pets to release anger. Bodywork including massage will lower your blood pressure if you get angry. Working out with weights or walking can be wonderful stress relievers. Quercetin in tea and/or red wine may be better for you than taking medications with COX-2 inhibitors. The Sinatras include meal plans and recipes. I'm already eating lots of soy and rice, but the Sinatras offer many other good ideas. My philosophy is "Take what you need and leave the rest" and there is plenty I can take from this book.

Dr. Sinatra has used all the latest and smartest scientific info to devise a unique and effective program for anyone who wants to lower high blood pressure. I have read two of Dr. Sinatra's other books--on coenzyme Q10, and on the role of emotions in heart disease--and found them unfailingly informative, sensible, practical and insightful. I highly recommend this book.

I never thought I'd find a cardiologist who agrees with me that prescription drugs are a last resort, but here he is. Believe it or not, he even understands enough about real life to tell you to get your chi in shape! If you want to know which supplements live up to their hype (and some of them do), this is the book you need.

Fighting mild hypertension I was pleased to find this book and see how well it was reviewed. Let me say straight away that it is an excellent book but sadly more than 10 years old. Why is this important? In the intervening years both Dr Sinatra and his colleague Johnny Bowden PhD have evolved their position on two fundamental points. 1. The book refers to the conventional wisdom of lowering LDL (bad) cholesterol. Recent publications, and a Dr Oz appearance (on line still) have both men strongly claiming that the evidence from multiple trials over many decades show cholesterol levels are not correlated with risk of heart disease. I believe they are correct. 2. The same situation has developed with saturated fats. The growing position of the Medical Community is that saturated fats are good for you and in fact better than the processed 'reduced' or 'zero' fat products coming from our food factories. To quote Bowden in a recent article 'A Harvard study in the

American Journal of Clinical Nutrition concludes that "greater saturated fat intake is associated with LESS progression of coronary atherosclerosis". Sadly the dietary advice in the book, whilst excellent as far as it goes does not recognise these major shifts in accepted knowledge.

Eight weeks ago I was diagnosed with isolated systolic hypertension (BP 160/64). I was already doing some of the book recommendations before I read it. Then I started on the full program right away. Now my resting BP is running 115/68 to 120/75 and my weight went from 160lbs to 150lbs. While I did NOT feel poorly eight weeks ago, I now feel unbelievably GREAT. I will be 70 years young in September 2008. I think I should also report that my physician put me on ZOLOFT 100MG DAILY eight weeks ago. This reduced anxiety and depression and may have helped reduce my BP.

This book has good basic information, but it's basically directed to people who need to loose weight. There are a number of diets and recipes which are nutritious. That isn't my personal problem, but I did find information on supplements and herbs which was helpful. The step by step approach is well planned and would be useful for a person desiring to improve their health by changing habits.

I am still reading this and I am loving it. The information is solid and makes sense. It's inspiring. I feel like this could really be helpful in my effort to take back my health.

This is an excellent book for us lay people who need help with blood pressure issues. Especially when we don't get very good advice or guidance from doctors. Dr Sinatra is a brilliant man who has researched this undwer medical guidelines. His protocol works. We need to inform our medical care providers and doctors to read Dr Sinatra's books. Drugs are not the answer most of the time.

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Lower Your Blood Pressure in Eight Weeks: A Revolutionary Program for a Longer, Healthier Life  
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Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook)  
The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes!  
Lower your blood pressure without ... Boost your energy, and Stay healthy for life!  
Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b,

blood type diet success,) Blood Pressure Box set: Blood Pressure Solution - How To Lower Your Blood Pressure & Cholesterol Without Medication, Just By Using Natural Remedies and Diet! Blood Pressure Solutions: Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet, low salt, healthy eating) Lower Your Blood Pressure Naturally: Drop Pounds and Slash Your Blood Pressure in 6 Weeks Without Drugs Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks--Without Prescription Drugs Pressure Cooker: Mouthwatering Pressure Cooker Recipes - Granny's Pick Size L Recipes Collections (Pressure Cooking, Pressure Cooker Books, Pressure Cooker Recipe Book, Pressure Cooker Dump Dinner) Diabetes: How to Lower Blood Sugar Naturally Without Drugs in 4 Weeks: (Diabetes, Lower Blood Sugar, Zero Sugar, Natural Remedies) Pressure Cooker Cookbook: 3 In 1 Box Set - 310 Mouth-Watering and Healthy Pressure Cooker Recipes for Stove Top and Electric Pressure Cookers (Pressure Cooker, Pressure Cooker Recipes) High Blood Pressure Cure & Aging Well Box Set: How to Lower Blood Pressure Naturally and Make the Best of Your Golden Years Your Blood Never Lies: How to Read a Blood Test for a Longer, Healthier Life High Blood Pressure Solution: Simple Lifestyle Changes to Lower Blood Pressure Naturally and Prevent Heart Disease Cooking Under Pressure -The Ultimate Electric Pressure Recipe Cookbook and Guide for Electric Pressure Cookers.: New 2016 Edition - Now Contains 250 Electric Pressure Cooker Recipes. Pressure Cooker Cookbook: 370 Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals (Pressure Cooker, Electric Pressure Cooker Cookbook) PRESSURE COOKER: The Ultimate Cookbook for Easy and Delicious Recipes (Pressure cooker cookbook, pressure cooking, easy meals, soups, electric pressure cooking) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) What Your Doctor May Not Tell You About(TM): Hypertension: The Revolutionary Nutrition and Lifestyle Program to Help Fight High Blood Pressure (What Your Doctor May Not Tell You About...(Paperback))

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