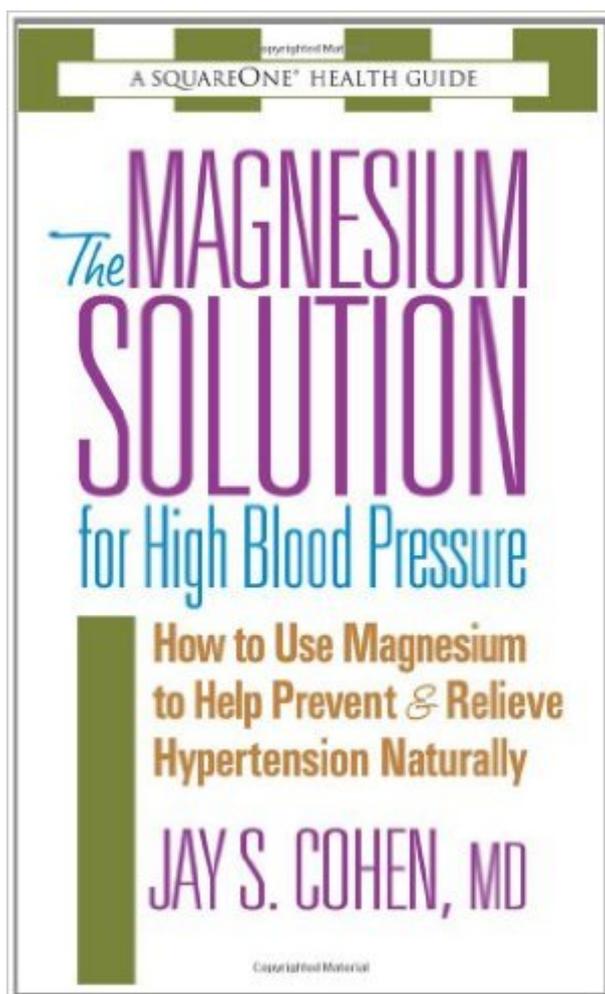


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# The Magnesium Solution For High Blood Pressure (The Square One Health Guides)



## Synopsis

Written by health professionals who are well recognized in their respective fields, these concise, easy-to-read books focus on a wide range of important health concerns. From migraine headaches to high cholesterol, each title looks at a specific problem; each provides a clear explanation of the disorder, its causes, and its symptoms; and each offers natural solutions that can either greatly reduce or completely eliminate the problem. Some titles also focus on natural alternatives to drugs with serious side effects—alternatives that in many cases can be used in conjunction with prescription medications. This growing series of titles can be counted on to provide safe and sensible solutions to all-too-common health problems.

## Book Information

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Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (134 customer reviews)

Best Sellers Rank: #38,320 in Books (See Top 100 in Books) #11 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure](#) #37 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease](#) #102 in [Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies](#)

## Customer Reviews

This useful little book is in the same series as one I reviewed earlier (The Magnesium Solution for Migraine Sufferers). High blood pressure accounts for more trips to the doctor than any other condition. Almost always, patients are put on prescription drugs. As Dr. Peter Galgut said so eloquently on [...] ALL drugs have side-effects. [This is no small matter: side effects to prescription drugs in hospital are the 4th leading cause of death in the United States, according to Lazarou in JAMA. 1998 Apr 15;279(15):1200-5.] Moreover, doctors do not like to admit that, using drugs to lower blood pressure, does not reduce your risk of cardio-vascular disease to the same extent of someone who has the lower level naturally. In other words, drugs are dealing with the symptoms not

the cause. Dr. Cohen looks at one probable underlying cause of high blood pressure -- magnesium deficiency. He describes how up to 75% of Americans are deficient in this mineral and as a consequence are sick in many ways. Doctors are widely ignorant about magnesium and tend to think of drugs as first resort rather than last. Dr. Cohen explains how magnesium is an essential micronutrient in maintaining suppleness in the walls of blood vessels. In magnesium deficiency, the vessels become stiffer and so do not absorb the blood pressure surges properly. Dr. Cohen reviews many of the other lifestyle factors that are responsible for high blood pressure. These include obesity, lack of exercise, low fiber intake, salt, alcohol and smoking. However, even correcting these matters (particularly in black Americans) is not very effective; magnesium must be corrected too. Dr. Cohen does not claim that fixing magnesium deficiency will "cure" high blood pressure.

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