

What Your Doctor May Not Tell You About Hypertension: The Revolutionary Nutrition and Lifestyle Program to Help Fight High Blood Pressure

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Abstrak

Hypertension is a dangerous and deadly disease. There are no symptoms, so most sufferers have no idea anything is wrong—making more than 45 million Americans ticking time bombs. And while there are many drugs on the market that combat this condition, the costs and side effects are often prohibitive. Now, a leading expert and researcher introduces an all-natural solution. His comprehensive treatment regimen controls high blood pressure using the best of traditional and alternative medicine. Readers will learn about Dr. Houston's own successful all-natural formula, which attacks hypertension from many angles. When used in conjunction with dietary approaches—also outlined in the book— and combined with exercise, stress reduction, and medication, this program has resulted in success for 90% of Dr. Houston's patients!