



Bringing Down High Blood Pressure

Chad Rhoden

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Bringing Down High Blood Pressure offers readers straightforward solutions they can incorporate into their lives both immediately and long term. The authors focus on factors readers can change, including diet and nutrition, weight loss, exercise, binge eating, alcohol, tobacco and drug use, emotional wellness and stress management. Additionally, the book provides in-depth discussion of the risks and benefits of medications and when lifestyle changes may allow an individual to reduce or eliminate medication. Dr. Rhoden also weighs in on alternative therapies for reducing blood pressure.

Sarah Schein brings her dietary expertise to the table with practical advice on nutrition, tips for healthy food selection and preparation, and 70 tantalizing recipes, each with its own nutritional breakdown.

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