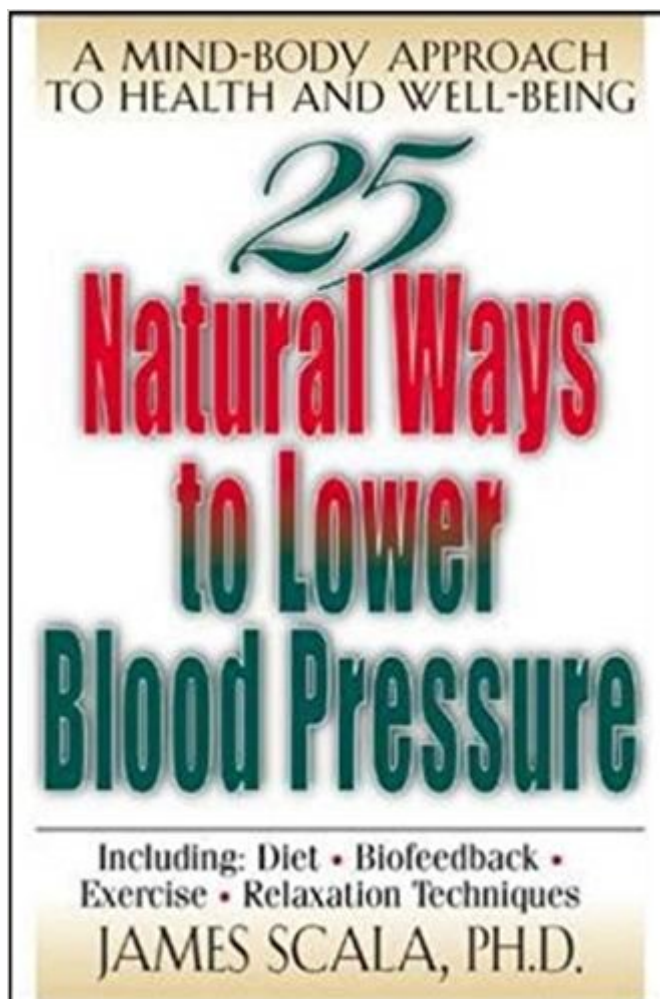




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# 25 Natural Ways To Lower Blood Pressure



## Synopsis

Lower blood pressure--without drugs Your high blood pressure can lead to stroke, heart attacks, congestive heart failure, and kidney failure. Using a simple, easy-to-read format, Dr. James Scala presents 25 simple, natural ways you can use to fight this silent killer. 25 Natural Ways to Lower Blood Pressure explains the different treatments, including herbs, diet, exercise, and visualization and relaxation techniques, and offers other resources for further information.

## Book Information

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## Customer Reviews

James Scala, Ph.D., is a certified nutrition specialist who supervised nutrition programs for the Voyager crew and the U.S. Olympic Ski Team.

The book has been a great help because it not only has information on blood pressure itself, but also about other organs affected by high blood pressure, such as kidneys and liver (very scary). One of the things I was looking for is the nutritional part, what to eat, the Do's and Don'ts, what to ask for when we eat out, etc. There are good recommendations on what kind of condiments to use without sodium, which I found fantastic, all really easy to follow steps to lower blood pressure. I have to say that it is already working for me. I have never been a person with high blood pressure this happen to me recently after taking some anti-inflammatory pills, which I'm not taking anymore, so I wanted to understand and do what it takes to have my normal blood pressure again. I have now changed my diet COMPLETELY and taking care of myself much better thank you to the knowledge I have now

through that book. Thank you.

The shipping was fast and the package was in good condition! The book was in good condition, but didn't get too interested in it as I already knew almost all that I started reading in it about blood pressure.

It's not magic or a miracle cure, but the ideas and checklists in this book will help you control your diet -- and blood pressure. Give it a try.

I've been reading extensively about HBP ever since I experienced a stroke last March. So far I find James Scala's book most useful. My physician suggested I lower my salt intake and Scala covers various aspects of the role sodium plays in the body's functions including its relationship with potassium (K-factor). Potassium is awfully important and most of us don't get enough of it, but sometimes it is difficult to get enough without eating too much sodium. Scala has some easy to follow suggestions regarding the consumption of sodium, including "Start each day with a cereal that has more potassium than sodium..." As oatmeal is a winner, I can eat that or another cooked cereal or if I'm in a hurry, I can eat one of the several dry cereals one can pour from a box, such as the Nabisco Shredded Wheat I've eaten since I was a child and others. Dr. Scala is a certified nutrition specialist who has written a number of books addressing the consumption of food and a particular ailment affecting the human body. One of his better known recommendations is to keep a food diary. I had to buy a special pill box so I could keep track of the pills I consume each day, so it is certainly helpful to note what I've eaten. The other option is to eat the same thing every day, which some folks do, but I can't. Scala says only three things are necessary to keep a food diary: honesty, keeping track of what you eat, and noting the results. Another suggestion Scala offers the reader concerns fat intake. Most of us know by now that some fats are bad. What you may not know is that some are good for you. Flax oil and certain oils consumed by eating fish are also good. Scala like most nutritionists covers sugar. Face it guys, we consume too much of the stuff. Sadly, it can be hidden in innocuous looking foods like low fat yogurt and certain "non-sweetened" cereals. Eating complex carbohydrates, more fruits and vegetables (including garlic and onions) and plenty of fiber and water round out Dr. Scala's nutrition suggestions. You can use Kyolic garlic capsules if you don't want to smell like an asafetida bag, however, garlic is wonderful in stir fries, soup, spaghetti sauce, stuffing (made with low sodium bread of course), and salads. Scala includes tips on dining-out, exercising and stress alleviation to round out his book, making it overall one of the best

I've read on the topic of lowering blood pressure.

In many cases of high blood pressure you will find that the fat is playing an upper hand. But all fats are not bad for health. Diet has an extremely important role in the treatment of Blood Pressure. Dr Scala clearly mentions about the effect of garlic in the treatment of High Blood Pressure. I have been taking a leave of garlic after each meal for the last so many years and I do not have any complaints with my blood pressure and digestion. I have seen people taking garlic in various forms like capsules etc. But eating natural garlic has the best medicinal value. One drawback may be the smell produced by garlic. But it is nothing compared with the benefits you get. The author really struck a chord with me and these days that's not too difficult. It's been my third week off coffee and I've feeling fantastic. The headaches are gone and no more acid stomach thanks to a coffee replacement I found called s o y f e e. Made from soya and I bought it online at [...] oycof fe e.com. Simply marvelous, just like this book.

Very informative book and easy to understand.

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