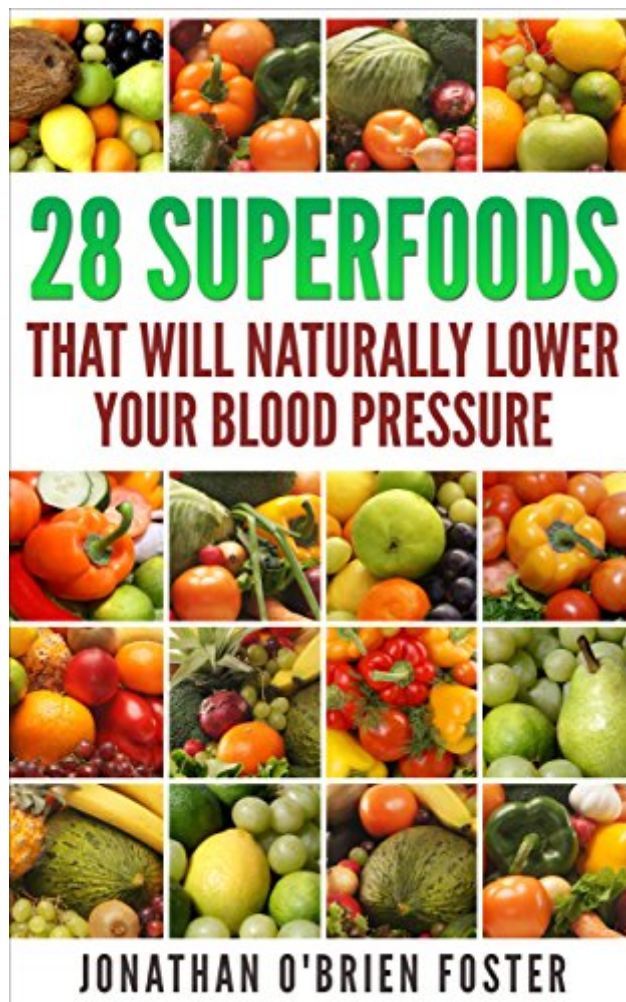




The book was found

Blood Pressure Solutions: Blood Pressure: 28 Super-foods That Will Naturally Lower Your Blood Pressure (super Foods, Dash Diet, low Salt, Healthy Eating)





Synopsis

Have you ever found yourself getting lost in the new health/ super food fads? Take the guess work out of eating healthy with Jonathan Foster's 28 Super foods! One of 's best selling pieces in the field, 28 super foods offers a simple, no guessing game list of 28 widely available foods that will help lower your sodium, cholesterol, blood pressure, and have you feeling like new again! No fake pills, complicated vitamins or smoothies here, just a wholesome book chock full of wholesome foods. Access the book easily while at the market, shopping for bananas, beets, ginger, and so much more. The author, Jonathan Foster, has dedicated his life to over 10 years of work in the emergency medical field. A fit and nature fanatic, he set out on a quest 2 years ago to help prevent the diseases he encounters on a daily basis.

Book Information

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Short Reads > 90 minutes (44-64 pages) > Cookbooks, Food & Wine

Customer Reviews

Good information on using food to treat high blood pressure. Disappointing that the recipes listed ingredients but no instructions on how to put them together and cook

The majority of this book focused on recipes. Different types of breathing techniques mentioned are useful as well as a brief overview of meditation.

Good basic information gathered in one place.

This is a great product.

Always helpful to be able to recognize the fruits and vegetables that are an excellent " adjunct " to your traditional prescription medications.

Easy and quick with no wasted filler. Take it to the food store for cheap, nutritious shopping. I highly recommend it!

This book provides a helpful breakdown of the causes of high blood pressure and ways to combat it naturally through healthy eating. As a person with high BP who has to take medication for it, I can tell you that the medicine makes me feel ill and I want to get off of it as soon as possible. The book goes through all the basics that anyone who has recently been diagnosed with high BP would need to know in order to deal with the illness in a smart and effective way.

Nothing new but a good reminder anyway. Corn chowder recipe header is there but recipe is missing. A few other spelling errors.

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