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Overcoming Hypertension (Dr. Kenneth H. Cooper's Preventive Medicine Program)

Kenneth H. Cooper

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Like a time bomb ticking away, hypertension builds quietly, gradually, placing unbearable strain on the body until it explodes--in heart attack, stroke, kidney failure, arterial disease, even death. But the disease does not have to progress that way. Here, in the third volume of the highly acclaimed *Preventive Medicine Program*, Dr. Kenneth H. Cooper, one of the nations foremost experts in the field of preventive medicine, presents a medically sound, reassuringly simple program that help you lower you blood pressure--and keep it down, often without drugs. *Overcoming Hypertension* gives you:

--The latest facts on how cholesterol, cigarette smoking, obesity, and stress affect coronary risk levels.

--Your high blood pressure risk profile, with newly devised charts for men and women.

--A complete fitness program that lets you choose the sport that works for you. Plus a unique illustrated guide to aqua-aerobics.

--Tips on talking to your doctor that will help you become an active participant in your own recovery.

--A guide to anti-hypertensive drugs--the most up-to-date list of medications, their recommended daily doses, and ways to minimize side effects.

--Three distinct dietary programs, complete with menus, recipes, nutritional charts, healthy cooking tips, and much more.

--Take charge of your health and well-being with *Overcoming Hypertension*.

From the Paperback edition.

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