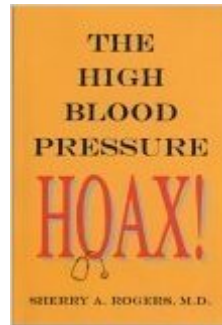


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# The High Blood Pressure Hoax



## Synopsis

Blood pressure drugs guarantee you will get worse, for they actually deplete the nutrients that cause high blood pressure, making sure you will need even more medications. They also shrink the brain and raise your risk of heart attack, senility and blindness. High blood pressure is not a deficiency of blood pressure-lowering drugs. But there are dozens of ways you can permanently cure your high blood pressure without drugs. And since healthy blood vessels determine the longevity of every organ in the entire body, you need this book even if you don't have high blood pressure, for vascular health is key to total body health and longevity. First of all every single cell of your body depends on the health of your blood vessels that supply them. If you don't want to get Alzheimer's, then you need a healthy brain, but it is only as healthy as its blood supply. Likewise, if you don't want cancer (or you are trying to heal it), it starts (and spreads) in areas of poor circulation. The High Blood Pressure Hoax will show you that for every ailment even one as simple as high blood pressure, there are multiple causes and multiple cures. You have a lot to choose from. In fact, I would suggest you read the entire book before you chose your program. For by understanding how the various causes work, you (who know your body and medical history better than anyone else) have the optimum opportunity for choosing the best solution for you. This is the ultimate plan for vascular health, but it doesn't stop there. It also continues on from where Detoxify or Die left off and takes you to more powerful levels of detoxification. I can't wait to empower you! So let's get started.

## Book Information

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## Customer Reviews

To personify the hoax, if indeed there is one, is to see how the facts presented apply to one's own situation. As Dr. Rogers alludes, this entails boning up on current studies, anatomical facts, one's personal health history, and a critical analysis of one's lifestyle. The first two areas mentioned are critical to making crucial decisions regarding meds, and of not just their benefits, but their potential bad effects. The usual scenario as one advances past middle age is a doctor's visit where these words are spoken (after several sets of b/p readings are taken), "Uh, since you are moderately hypertensive, I'm going to start you on these medications ... " A better approach might be to limit fats, exercise, and lose ten pounds. Then, when your readings drop some but are still above currently proposed limits, you might want to consider a low dosage regime, while working to further improve your lifestyle. But why the hoax? According to fairly recent statistics from the American Heart Association, in 2002, 65 million Americans have high blood pressure, although these numbers are difficult to come by, since many with hypertension have not been diagnosed, and some being treated should NOT be. Normal blood pressure was most recently defined in 2003 by a national advisory committee to the United States Department of Health and Human Services as systolic pressure of 120 mm/Hg or greater, and/or a diastolic pressure of 80 mm/Hg or greater. However, it has been reported that since "normals" for seniors have been revised downward by this study, profits for the pharmaceutical companies have soared. Dr. Rogers feels that these numbers have been set too low, and I agree. They are a significant drop from what was once considered normal.

As a former HBP medication taker I was always concerned about the side effects of the drugs but was more concerned about not treating HBP. So, I blindly took what my doctor prescribed, that is until last month. One thing that really startled me was the revelation that the calcium channel blocker I was taking had been shown to shrink your brain! So, I was determined to find an alternative. After reading this book and doing a lot of other research I decided to try some of the suggestions and see how I reacted. I knew I could always fall back on the brain shrinking drugs if it didn't work. I'm not vegan and I don't take a lot of alternative medications however I thought this was at least worth a try. Boy, was it! After one month of not taking my prescription and taking about 7 of the natural supplements (magnesium, vit C, vit E, r-Lipoic acid, l-carnatine, arginine, kyolic) that Dr. Rogers recommended my BP was down significantly! To 120-124/74-77! Not down from my highest readings but down from my normal readings while taking the Rx for 7 years! With the Rx it was always in the range of 135-138/86-90. That's about 15 points systolic and 12 points diastolic! I check my BP twice a day and it has been stable at the lower range. I feel better overall. This could be because I am eliminating the negative side effects of the Rx (they all have them ) and benefiting

from the natural supplements that my body makes or needs anyways. All I know is that it works for me! The only downside is that my Rx was free! Well, it was covered by my insurance and I have to pay for the supplements out of pocket. However, the trade off for my health is worth the cost.

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