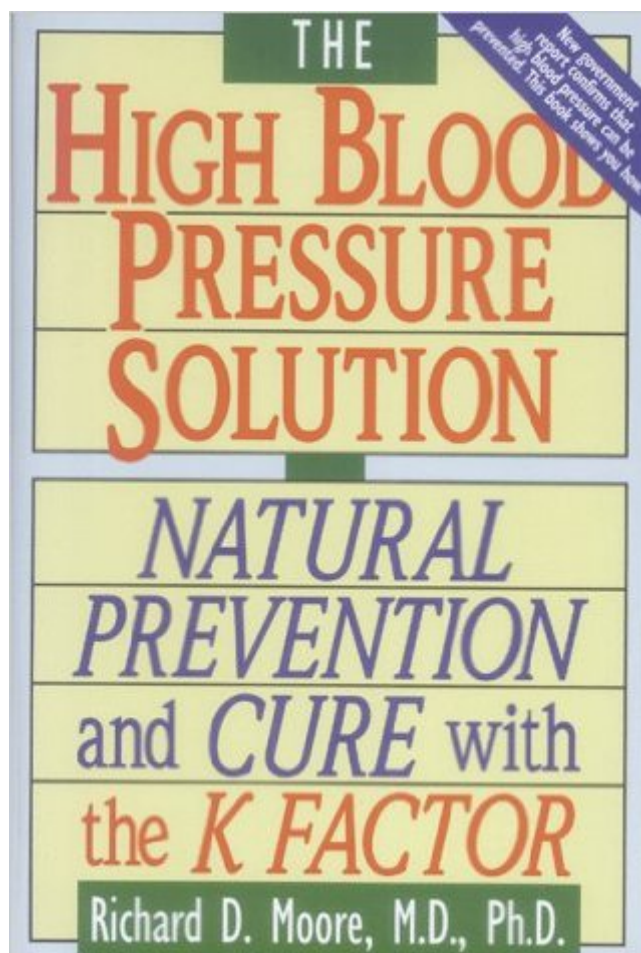


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# The High Blood Pressure Solution: Natural Prevention And Cure With The K Factor



## Synopsis

One of America's foremost researchers in biophysics outlines a new approach to preventing and managing high blood pressure without depending on drugs or suffering their side effects. Dr. Richard Moore explains the basic nutrient ratio regulating blood pressure at the cellular level, that is the key to keeping high blood pressure under control-and even reversing the condition. By using the easy-to-follow program detailed in this book, millions of people will be able to eliminate or reduce traditional treatments. For those already taking medication, the book also includes information on how to work with a physician to safely reduce dependence on hypertension drugs. First quality paperback edition of the hardcover published by MacMillan, completely updated and revised.

## Book Information

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## Customer Reviews

I was rushed to a hospital with a blood pressure of 175/110 at the age of 37 yrs. I was given a calcium channel blocker pill which reduced my BP to 140/90. Unfortunately it produces a side effect which I cannot stand. I was then given ace inhibitor (Hyzaar) which brought my BP to 120/70 but unfortunately produces a dizziness which was so intolerable I could hardly drive my car. Lastly the medication was changed to cozaar another ace inhibitor which produces a side effects of dizziness which was more tolerable. Anyway I tried to find a natural solution for my hypertension and found out that this book gives all the answer which was needed to reverse it. After four weeks of high K factor diet ( serum poassium at 4.9 ) I was able to half my BP pills at a BP of 110/75 and sometimes to 105/65. My aim now is to stopped my BP pills intake when it is safe to do so.

This author maintains that blood pressure can be lowered naturally by maintaining a potassium to sodium ratio of 4/1 in your diet without using potassium supplements. I didn't believe it... until I tried it. Within a week, I went from 150/100 to 110/68. I can't wait to show to my doctor how well nutrition therapy works!!!

This book details ways for a person with hypertension to lower their blood pressure using natural methods. Dr. Moore is an M.D. and PhD who has done years of research in this area. He concludes that a low level of potassium (K) is a major cause of hypertension. He gives dietary instructions on how to raise your potassium, and lower your sodium. The book is well documented and is very readable. It is an encouraging book for those who have hypertension, but want to try a treatment more natural than using prescription medications. I recommend it to my patients. Russell Tweet M.D.

This whole pitch of "ONE FOOD" to cure your High Blood Pressure is nonsense, never, not once, do they ever provide you with ONE FOOD, there are several foods, and several additional, capsules, not raw food which actually does make a difference. I didn't figure to the penny, however if you add up all the items they pressure you to buy it would well over \$500-\$600.00 Absolute sham. The foods are green grape seed extract. Eat organic green grapes. Berries, we all now know about berries, and it goes on for 30 minutes with a promise to a product to a product, to a product. And then, he tries to sell you his super BPS menu planner, which is a planner like you can buy for \$4.95 in a book store. I was shocked at the lengths to which these people went with their "lie"...Of course, you will lose weight if you eat 60% protein, 20-30 green vegetables and the rest fruit. Fruit has a lot of sugar, so that why a good diet plan would only have a small amount of fruit. So, these people are selling you "the dream", if you're that interested in good nutrition, go to a nutritionalist, or I'll put together a very useful guide of what to eat, not eat, and how much of it to eat. DON'T DON'T DON'T buy the book, or any of their products. Its like trying to turn you into a person who is at kindergarten level, while in fact you're a grad student.

This method does work and I highly recommend the book. However, please read what I have to say if you have been diagnosed with hypertension at a young age. I was diagnosed at the age of 38 (15 years ago) and have managed to control my blood pressure quite well with medication, diet and lifestyle. However, about 5 years ago it became harder to manage despite everything. I started getting heart palpitations and was referred to a cardiologist, went through a series of tests and was

told my heart was fine and to "just ignore them - everyone has them". Easier said than done. After enduring worsening symptoms (including menopause, which was also blamed) I saw a different cardiologist who noticed that my potassium was low (2.8). My potassium levels were always below the low normal level over the years despite my diet and over the past year taking a prescribed potassium supplement. The cardiologist sent me to see a hypertension specialist who took blood and urine tests and subsequently an upper abdominal CT scan. I have now been diagnosed with Conn's Syndrome/hyperaldosteronism which is a benign tumour on one adrenal gland thus causing the release of excess aldosterone. This causes retention of sodium and excretion of potassium. I have been put on spironolactone - a potassium sparing diuretic which has helped a great deal. I am now waiting for another test and hope to be able to have the tumour removed. If this information helps at least one person I will feel good as I have come to understand that most primary care doctors do not come across this condition as it is still thought of as relatively rare (1-10) although I believe it to be more.

The book may be OK, but the ad about the book is a total waste of time. I listened to it for 20 minutes and that was all hype, and information free (I don't mean the information was free, but that the presentation contained no information). Then I had the bright idea of seeing if I could find a review of the product itself. These reviews were far more helpful. A word to the wise; some of the most complimentary reviews sounded a lot like the ad. This made me suspicious that some of them might have been written by the writer of the ad.

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