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The Blood Pressure Cure: 8 Weeks to Lower Blood Pressure without Prescription Drugs

Robert E. Kowalski

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The book is exceptional in its clarity and depth. I would recommend it to anyone with a tendency to hypertension.
—Charles Keenan Jr., M.D., Associate Professor of Family Practice, UCLA

""Hypertension is an important member of the quartet of risk factors for cardiovascular disease--the other three are elevated cholesterol levels, diabetes, and cigarette smoking. Robert Kowalski endeavors to bring all these risk factors under control without resorting to medications. This book presents simple answers to the questions that arise when people take charge of their own health in partnership with their physician.""
—Calvin Ezrin, M.D., author of *Your Fat Can Make You Thin*

""The Blood Pressure Cure offers a comprehensive, nutritionally sound, and easily accessible guide to lowering one's blood pressure safely and effectively.""
—Kristen Caron, M.A., M.F.T., author of The Everyday Meal Planner for Type 2 Diabetes

""Robert Kowalski is now doing for blood pressure what he did for cholesterol in his previous books--he is revolutionizing the way we think about the non-pharmaceutical treatment of this important risk factor for heart disease. This well-written, concise book is a must-read for every person suffering from or treating high blood pressure.""
—Paul Dougherty, M.D., Professor of Medicine, UCLA

Robert Kowalski, the bestselling author of *The 8-Week Cholesterol Cure*, presents a clinically proven program that draws on the very latest research on high blood pressure causes, development, and treatment. With the most up-to-date information on herbs, supplements, diet, physical activity, and more, this commonsense, easy-to-follow program can help you lower your blood pressure so that you can decrease your risk of heart attack and stroke—and increase your chances of living a long and healthy life.

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