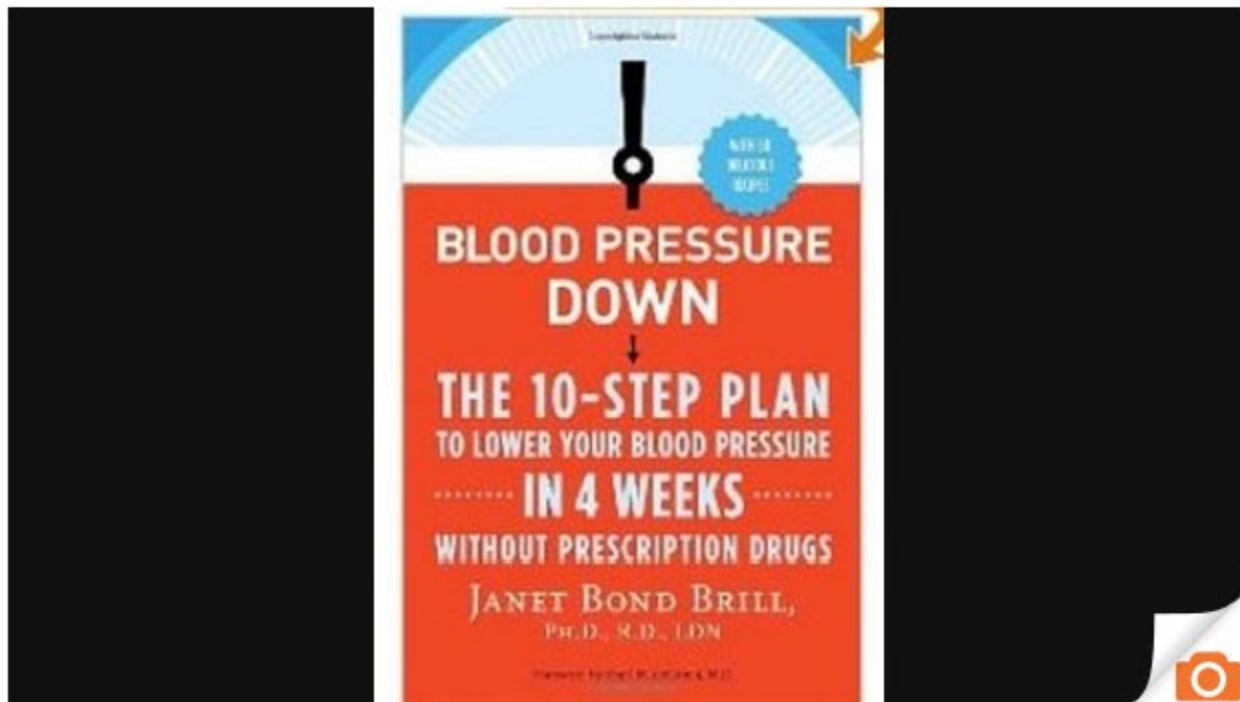


Book review: 'Blood Pressure Down' by Janet Bond Brill

JANET BOND BRILL | MAY 1, 2013 | BY: SANDRA CRUZ | + Subscribe



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includes blood pressure, body weight, bad cholesterol, good cholesterol, triglyceride and fasting blood sugar.

The first part is all about what blood pressure is and how it affects the body. In simple language Dr Brill clarifies the risks of uncontrolled blood pressure and how it affects the heart, brain, eyes and so forth.

The second part is the actual plan for lowering blood pressure. It is divided into ten steps that include losing weight, cutting salt and the proper foods to eat.

"Blood Pressure Down" is a detailed, well researched book for anyone serious about lowering his or her blood pressure. The science behind each step is explained as well as how they each lower blood pressure.

*A copy of this book was given in exchange for an honest review.

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Sandra Cruz, Books Examiner

Sandra Cruz has an Associates Degree in Fine Arts from the University of Texas-Brownsville and has had her poetry published in the International Library of Poetry. She has been writing informally all her life and now in the internet age has her own blog and is active in social networking. It is...



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