Bars & Clubs

More



Google

Food

Arts & Entertainment

Video

Log in

Sign up

Q

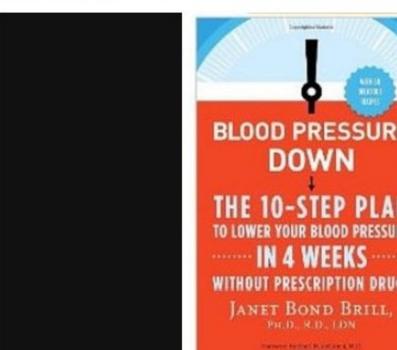
Book review: 'Blood Pressure Down' by Janet Bond Brill

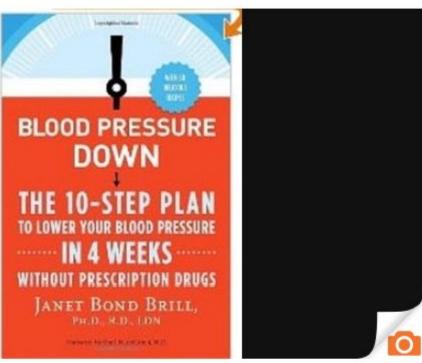
Cultural Arts

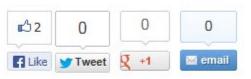
Music

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

Celebrity









RELATED ADS

- Lowering Blood Pressure
- Cholesterol Diet
- Bad Foods
- Nutrition Books



Hypertension is the medical term for high blood pressure. It affects the majority of the American population yet it is one of the most preventable causes of premature death. In her new book due out on Tuesday, May 7, 2013 Janet Bond Brill Ph.D, R.D. provides an alternative to medications. With a combination of food and exercise alongside medications she gives reads the knowledge to lower their blood pressure naturally.

"Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks-Without Prescription Drugs" is divided into two parts. The first part is "Everything you need to know about high blood pressure and your health" and the second part is "The ten-step blood pressure down plan."

In the introduction Dr Brill explains how the book is divided and how it works. She also explains the benefits of lowering blood pressure as well as the numbers everyone should know to better their health. This

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

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.

RELATED ARTICLES: Lowering Blood Pressure Cholesterol Diet Bad Foods Nutrition Books

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...





Celebrity scoop

A hacked account led us to believe Justin Bieber

Get the story



Fashion disasters

From rips, splits, tears and slips, these stars have experienced it all.

See the mishaps

Sheepshead fish with human choppers







Newscircles are a quick, convenient way to create and publish your own customized news portals...



Newscircles are a quick, convenient way to create and publish your own customized news portals...



Get the most up to date breaking new stories as they happen across the globe...



Discover the best free real-time news, networking and information portal on the web ...



Get the most up to date breaking new stories as they happen across the globe...



Newscircles are a quick, convenient way to create and publish your own customized news portals...