My Cozie Corner

Book Reviews and Giveaways

Home PR Friendly/Privacy Policy

Sweet n' Sassi (Adult Book Reviews)

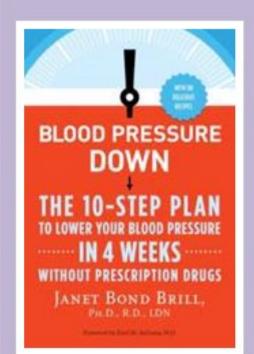
Book Tour Connections

My Cozie Corner 2 - Free E-book Listings

About/Contact

Friday, May 3, 2013

A Book Review of: "Blood Pressure Down" by Janet Bond Brill, PH.D., R.D., LDN



Book Description:

In BLOOD PRESSURE DOWN: The 10-Step
Plan to Lower Your Blood Pressure in 4
Weeks - Without Prescription Drugs (Three
Rivers Press; May 2013), nationally
recognized nutrition, health, and fitness expert
and Cholesterol Down author Dr. Janet Bond
Brill shows how high blood pressure can be
lowered and prevented quickly and safelywithout the side effects of many blood
pressure medications. In ten simple-and
delicious-steps, Janet's unique plan harnesses
the power of the lifestyle changes, including
elements of the DASH diet, proven to be the

most effective medicine for hypertension: blood pressure power foods like bananas, yogurt, soy, and dark chocolate, as well as exercise and stress reduction. Backed by solid research, Brill cuts through the medical jargon to explain how and why each step in her program works. The Blood Pressure Down plan is both thorough and accessible, including many convenient checklists, charts, meal plans, and over fifty delicious heart-healthy recipes that make incorporating each step into a heart-healthy lifestyle easy, practical, and never overwhelming.

About the Author, Janet Bond Brill, PH.D., R.D., LDN:

Nationally recognized nutrition, health and fitness expert and published author Dr. Janet Brill is the director of nutrition for Fitness Together, the world's largest organization of personal trainers. Dr. Janet specializes in cardiovascular disease prevention and has authored three books on the topic; the most recent is Prevent a Second Heart Attack (Three Rivers Press, Feb 2011.) Prevent a Second Heart Attack follows the bestselling book, Cholesterol Down (Three Rivers Press, 2006). Her third book, a sequel to Cholesterol Down, titled Blood Pressure Down (Three Rivers Press, 2013) will be available wherever books are sold May 7, 2013.



Learn more about Dr. Janet and her books on:

Website

Facebook

Twitter

Google+

Pinterest

YouTube

Purchase "Blood Pressure Down" on:

Amazon

Review:

Dr. Janet gives a fantastic explanation of hypertension and ways to control it. I found her 10 step plan to be easy to follow, understand and effective, for me. I do suggest talking to your own Doctor before starting, as everyone is different. Highly recommended for all who would like to learn how to control your blood pressure without meds.

I give "Blood Pressure Down" a 5 star rating.



target=" blank"><img

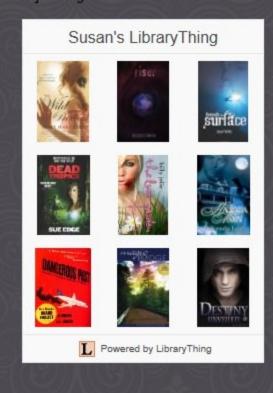
alt="My Cozie

Corner"

Goodreads



LibraryThing



Shelfari

