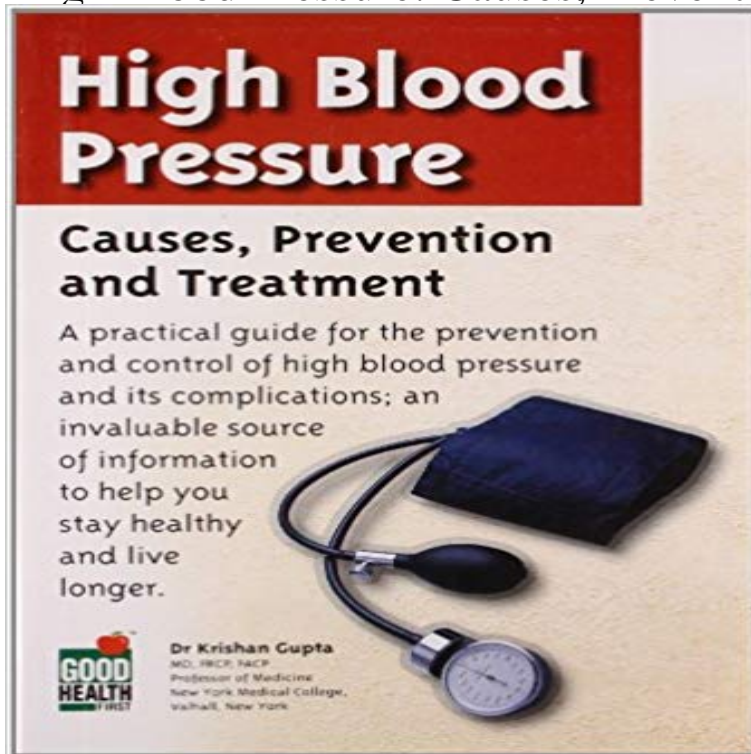


High Blood Pressure: Causes, Prevention and Treatment



High Blood Pressure is a world wide condition of almost epidemic proportions, yet because there are no telltale symptoms; it is often overlooked or treated casually. This book will help you understand what blood pressure is all about - what is normal and what high and low mean - and why careful attention is important for continued good health. Untreated high blood pressure can not only cause heart and kidney problems but is also a significant risk factor in future diseases. This book explains the rationale behind early treatment, and most important, how with minimal medication and changes in lifestyle, you can help yourself to good health and an active life.

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