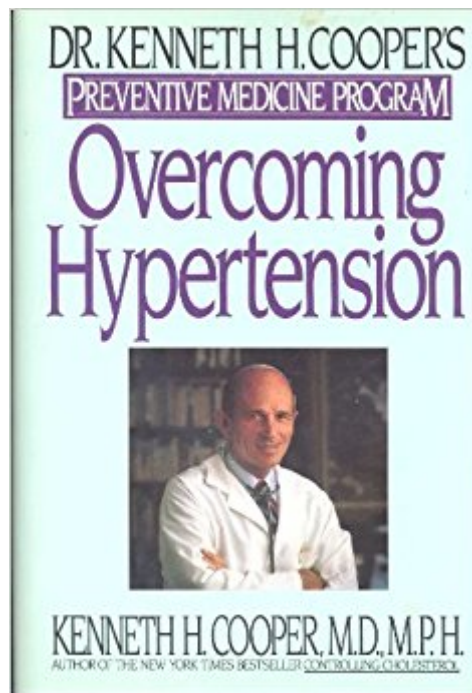




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Overcoming Hypertension: Dr. Kenneth H. Cooper's Preventive Medicine Program



Synopsis

Like a time bomb ticking away, hypertension builds quietly, gradually, placing unbearable strain on the body until it explodes--in heart attack, stroke, kidney failure, arterial disease, even death. But the disease does not have to progress that way. Here, in the third volume of the highly acclaimed Preventive Medicine Program, Dr. Kenneth H. Cooper, one of the nations foremost experts in the field of preventive medicine, presents a medically sound, reassuringly simple program that help you lower your blood pressure--and keep it down, often without drugs.

Overcoming Hypertension gives you:--The latest facts on how cholesterol, cigarette smoking, obesity, and stress affect coronary risk levels.--Your high blood pressure risk profile, with newly devised charts for men and women.--A complete fitness program that lets you choose the sport that works for you. Plus a unique illustrated guide to aqua-aerobics.--Tips on talking to your doctor that will help you become an active participant in your own recovery.--A guide to anti-hypertensive drugs--the most up-to-date list of medications, their recommended daily doses, and ways to minimize side effects.--Three distinct dietary programs, complete with menus, recipes, nutritional charts, healthy cooking tips, and much more.--Take charge of your health and well-being with Overcoming Hypertension. From the Paperback edition.

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Customer Reviews

"Every hypertensive person would benefit from having this book to refer to understanding

their problem and learning how to effectively deal with it. Physicians would do well to recommend to their hypertensive patients to facilitate their medical management."--William B. Kannel, M.D., M.P.H., professor of medicine and public health, Section of Preventive Medicine and Epidemiology, Boston University School of Medicine. From the Paperback edition.

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Books by Dr Kenneth Cooper have been a tremendous source of guidance for me for over 30 years. When I first started being affected by the stress side effects of working too hard and too long in the 70's I started exercising. At the time jogging/running was becoming quite popular, so I took that up. I like to read so I read the Jim Fixx book on running which led me to Dr Cooper's book "Aerobics" (a term he coined), then to "Aerobics Program for total Well Being...", which became sort of a bible for a long time. After retirement I quit smoking and started going to a doctor. Found to be out of shape - again - I looked up Dr Cooper and saw his book "Start Strong, Finish Strong" which I

absorbed like a sponge dropped in a bucket of water. Joined a gym and started the prescription of 55% aerobics, 45% strength and have never felt better. Now I've got one doctor trying to tie me down to hypertension drugs. That diagnosis was contrary to my own readings, so I'm in the middle of a complete cardio workup. (The initial stress test results were great, waiting for the in depth analysis.) When I saw this book it was a gotta have. In this book Dr. Cooper very thoughtfully presents all factors in a very helpful manner with a goal of controlling blood pressure without medications, but points out factors that could make them necessary. After my first reading I feel like I can more intelligently discuss the stress test results with my cardiologist, then better deal with my general physician. I would hardily, strongly recommend this book for any person who has had a too high blood pressure reading.

I think is a great book as tool for fighting against hypertension. The theoretical ax plantations are easily explained, and the advises are clear and fast application

Like millions of American men, I have been diagnosed with hypertension--high blood pressure. Well, I'm not one to take things lying down, so I set out to find a good book on the subject, and this is the book that I found. Dr. Kenneth H. Cooper is one of America's leading experts on preventative medicine, and this book is an absolute wonder! Dr. Cooper begins the book by explaining what hypertension is and how it works, explaining everything about high blood pressure, including what the measurements (systolic and diastolic) actually mean. After that, he explains how the condition is treated, and what steps you can take, including exercise and diet. Overall, I found this to be a great book. The author has an excellent way of unfolding the subject in a clear and easy-to-understand manner. I now understand so much more than I did just from talking to my doctor. So, let me just say that I love this book, and highly recommend it to anyone and EVERYONE who has been diagnosed with hypertension. This is the book to get!

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