



**LOWER YOUR PRESSURE**  
**AND LIVE LONGER**



# Lower Your Blood Pressure And Live Longer

**Robert D. Lesslie**



## **Lower Your Blood Pressure And Live Longer:**

*Live Longer, Live Better* Peter H. Gott, 2004-09-30 Dr Peter Gott combines the empathy of an old fashioned family doctor with the outspoken fervor of a patients rights advocate in this comprehensive guide that is a turn to resource for those with health concerns Dr Gott responds to readers medical questions with sensitivity and accuracy and is praised for his knowledge of medicine and his warm compassionate style

**Long Live the 12 Rules to Live Long** Jordan River, 2022-04-18 As we stumble out of lockdowns many are searching for healthier ways to live their lives Love Live author Jordan River shows how natural values are a way forward in a post pandemic world We re standing on the threshold of a new way of living so why not build a more sustainable and compassionate world It s time to revolutionize our lifestyles just by becoming the most authentic version of yourself Long Live exposes the lifestyle challenges and problems that face us in this age obsessed with noise speed and perpetual activity River s message rings out with a truth that is challenging and unmistakably attractive What you become is infinitely more important than what you do or what you have Are you ready to meet the best version of yourself Love Live is a brilliant and clear eyed rejection of the chaotic lifestyle that has captured the world written with common sense humor and extraordinary insight This book is destined to change lives The problem is on our plate and so is the answer It s time to take a stand and move This book will show you how

**60 Ways to Lower Your Blood Pressure** Robert D. Lesslie, 2016-01-01

*The Most Effective Ways to Live Longer* Jonny Bowden, 2010-01-01 Author Jonny Bowden looks at what he calls The Four Horsemen of Aging free radicals inflammation glycation and stress and shows how they can harm your health and shorten your life Bowden then unveils an arsenal of anti aging strategies culled from cutting edge research and lessons learned from the longest lived people on the planet He examines how the major organs such as the heart and the brain age and how you can prevent damage to these vital parts of the body In total readers learn what they can eat do and take to feel great avoid illness and live a long life

*The Most Effective Ways to Live Longer, Revised* Jonny Bowden, Beth Traylor, 2019-03-26 You can be more productive healthier and happier longer Living a long life isn t about measuring the number of years lived but how we live them Jonny Bowden s and Dr Beth Traylor s recommendations will keep you strong healthy energetic and active so you can get the most out of each day and do the things you always dreamed of every decade of your life These methods all backed by the latest research and scientific studies are easy yet work anti aging miracles There s no better time to start than now The Most Effective Ways to Live Longer provides a roadmap to a longer healthier life advocating key strategies for the food we should eat the supplements we should take and the lifestyle adjustments we should make that will help keep us going stronger longer With these strategies you can win the battle against aging You ll learn how to Combat oxidative damage caused by free radicals from the environment and your own body wearing you down from the inside out Fight inflammation the silent killer that is a factor in just about every degenerative disease Avoid glycation a process that is implicated in many of the diseases of aging Reduce stress which can cause more

damage to your overall wellbeing than you think More and more studies are proving that we can strongly influence how long and how well we live This fully revised and updated edition offers the smartest program for living a longer healthier better life

Action Plan for High Blood Pressure Jon G. Divine,2005 Gain strength flexibility and stamina Jacket Live Longer (52 Brilliant Ideas) Sally Brown,2007-01-02 52 invigorating ideas for adding more life to your years Scientists now believe that a human s true lifespan is between 110 and 120 years Live Longer helps readers approach those triple digits and feel better than they ever dreamed by fighting off illness cleaning up their lifestyles defusing their genetic time bombs and determining their real age and then lowering it Ideas range from the ordinary to the extreme Idea 4 Boost your immune system Idea 10 Time for an oil change Idea 22 Walk the walk Idea 26 The sleep solution Idea 39 Save your skin Idea 43 Brain gym

Help Yourself to Live Longer Paul Jenner,2010-11-26 This book is designed as a ten step guide that will add ten healthy happy years to your life It offers sound advice on health and fitness issues and will cover diet and relaxation in addition to such emotional issues as happiness love and spirituality It is all based not on guru driven theories of bizarre diets or exercise routine but on common sense and positive thinking twinned with information that is both practical and supported widely by the scientific and medical communities The tone is positive and encouraging throughout there are also plenty of opportunities for you to interact with the book through features such as quizzes self test boxes and exercises Teach Yourself the world s leading learning brand is relaunched in 2010 as a multi platform experience that will keep you motivated to achieve your goals Let our expert author guide you through this brand new edition with personal insights tips energising self tests and summaries throughout the book Go online at [www.teachyourself.com](http://www.teachyourself.com) for tests extension articles and a vibrant community of like minded learners And if you don t have much time don t worry every book gives you 15 and 10 minute bites of learning to get you started A flexible guide that will add ten happy and healthy years to your life Designed for readers of all ages backgrounds and abilities you make the changes you want to make and you can make them now All the advice is based on scientific and medical research with plenty of wisdom and commonsense Not just about your health and fitness this book also covers relationships love and spirituality Lots of interactive exercises and sample tips

*Beat Depression to Stay Healthier and Live Longer* Gary S. Moak,2016-02-04 Clinical depression is a serious medical illness that not only can turn a happy retirement into a time of misery but also leads to a wide range of health problems Depression increases the rate of disease such as stroke heart disease and Alzheimer s disease and worsens the course of others such as diabetes chronic lung disease and cancer It also contributes to avoidable disability and premature death Beat Depression to Stay Healthier and Live Longer alerts readers to this untold story It challenges beliefs that depression is normal in old age because old age is depressing instead helping readers see that depression is a serious brain disease often related to changes in the brain associated with the aging process Gary S Moak clearly and compassionately explains depression as a physically destructive state in which a brain on overdrive runs the body ragged accelerating age related wear and tear Depression is not a harmless

condition older adults can live with and Dr Moak addresses the impact of depression on specific geriatric health problems. Case stories taken from the author's experience practicing geriatric psychiatry for thirty years are used to illustrate the physically and mentally harmful effects of depression and the road to recovering well. The book is a call to action. It encourages readers to seek treatment for depression, offering hope that older adults can get their lives back before it is too late. It provides practical guidance and advice for patients and family members about working with healthcare professionals to ensure that sufferers receive effective treatment for their depression and appropriate medical care for their physical needs. By shedding light on the impact of depression on physical health, Dr Moak spotlights the importance of recognizing the signs and symptoms of depression and brings much needed attention to a subject that is so often overlooked. *Live Heart, Live Long*

Pasquale De Marco, 2025-04-06

In the face of heart disease's relentless grip on global health, *Live Heart Live Long* emerges as a beacon of hope, empowering individuals to take control of their heart health and live longer, more fulfilling lives. This comprehensive guide unveils the secrets to a heart-healthy lifestyle, providing a wealth of knowledge and practical strategies to prevent and reverse heart disease. Delve into the intricacies of heart health as we unravel the mysteries of this vital organ, exploring its functions, vulnerabilities, and the myriad factors that influence its well-being. Discover the warning signs of heart disease, ensuring you can recognize and address potential threats early on. Embark on a journey of dietary transformation, learning how to nourish your heart with a balanced and delicious array of foods. From the heart-healthy plate to the intricacies of fats, fiber, sodium, and sugar, we provide expert guidance on crafting a diet that promotes cardiovascular health. Unleash the power of physical activity as we delve into the world of heart-healthy exercise. Explore the diverse range of exercises that invigorate the heart and elevate overall fitness, customizing your routine to suit your unique needs and preferences. Learn the art of stress management, mastering techniques to tame the unruly forces that can wreak havoc on your heart. Discover the profound impact of relaxation techniques, such as deep breathing and meditation, and cultivate the resilience that comes from a strong support system of family, friends, and healthcare professionals. *Live Heart Live Long* goes beyond mere information; it's an empowering companion walking alongside you on your journey to heart health. With engaging storytelling, relatable anecdotes, and evidence-based advice, this book ignites a passion for self-care and empowers you to make informed choices that nurture your heart and extend your life. Join us on this transformative journey and together let's conquer the challenges of heart disease and live long, vibrant lives. If you like this book, write a review.

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