



AN INTEGRATIVE HEALTH APPROACH TO LOWER BLOOD PRESSURE

PREVENT HIGH
BLOOD PRESSURE



Managing
Hypertension
Beyond Medication:
An Integrative Health
Approach to Lower
Blood Pressure

WEYNE JONES, MD

Reducing Hypertension If It Runs In Your Family

Martha Davis



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How to Lower Your Blood Pressure Christine Craggs-Hinton, 2011-01-01 High blood pressure is expected to rise by 24% affecting one in three of the world's adult population by 2025 according to a study of more than 700 000 people at the Tulane University School of Public Health and Tropical Medicine in Los Angeles As it is it is already a fact of life for around half of people in the UK over 65 and for some 70% of those in their 70s High blood pressure has a strong correlation with obesity and diabetes levels of which are also soaring and is strongly linked to lifestyle factors such as lack of exercise fatty diets and high salt consumption The good news is that even minor lifestyle modifications can be beneficial This book looks at how to lower blood pressure without medication as far as possible while acknowledging that drugs may have a vital part to play Topics include The dangers of high blood pressure A healthy diet and reducing obesity The importance of exercise Managing stress Other lifestyle measures eg smoking and complementary therapies

Aging Well with Diabetes Medha Munshi, Sheri Colberg, 2025-04-29 An essential guide to navigating diabetes for older adults and their caregivers In Aging Well with Diabetes Dr Medha Munshi and Dr Sheri Colberg provide practical advice to redefine living with diabetes in later life As experts in geriatric care and diabetes management they introduce a clear and accessible 10 step action plan to help you manage diabetes effectively while

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