



# The High Blood Pressure Solution: A Scientifically Proven Program for Preventing Strokes and Heart Disease

*Richard D. Moore M.D.Ph.D.*

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- Proves that the majority of cases of stroke, heart attack, and hypertension can easily be prevented by maintaining the proper ratio of potassium to sodium in the diet.
- Updated with scientific evidence from a recent Finnish study showing a 60 percent decline in deaths attributed to strokes and heart attacks.
- Provides a comprehensive program for balancing body chemistry at the cellular level.

High blood pressure is entirely preventable, without reliance on synthetic drugs. Dr. Moore's approach is simple: by maintaining the proper ratio of potassium to sodium in the diet, blood pressure can be regulated at the cellular level, preventing the development of hypertension and the high incidence of strokes and heart attacks associated with it. Dr. Moore updates this edition with a new preface reporting on the latest scientific research in support of his program. The most striking results come from Finland, where for several decades sodium chloride has been replaced nationwide with a commercial sodium/potassium mixture, resulting in a 60 percent decline *nationwide* in deaths attributed to strokes and heart attacks. Extrapolated to America, the Finnish statistics would mean 360,000 strokes prevented and 96,000 lives saved every year.

Dr. Moore makes it clear that high blood pressure is only one symptom of an entire systemic imbalance. He outlines a safe, effective program that focuses on nutrition, weight loss, and exercise to bring the entire body chemistry into balance. For those currently taking blood pressure medications, he includes a chapter on working with your physician to ensure that any reduction in hypertension drugs can be effected gradually and safely.



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**From reader reviews:**

**Shawna Vaughn:**

A lot of people always spent their own free time to vacation or maybe go to the outside with them family members or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. If you would like try to find a new activity that's look different you can read any book. It is really fun to suit your needs. If you enjoy the book which you read you can spent all day long to reading a e-book. The book The High Blood Pressure Solution: A Scientifically Proven Program for Preventing Strokes and Heart Disease it is quite good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. When you did not have enough space to bring this book you can buy often the e-book. You can m0ore easily to read this book from the smart phone. The price is not very costly but this book has high quality.

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