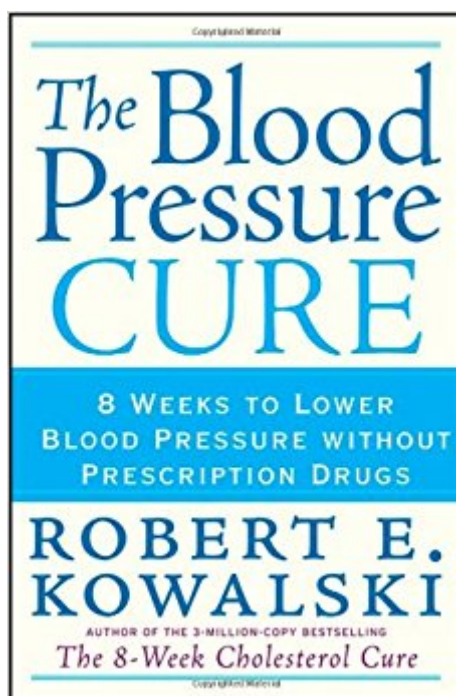


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# The Blood Pressure Cure: 8 Weeks To Lower Blood Pressure Without Prescription Drugs



## Synopsis

"The book is exceptional in its clarity and depth. I would recommend it to anyone with a tendency to hypertension."âCharles Keenan Jr., M.D., Associate Professor of Family Practice, UCLA

"Hypertension is an important member of the quartet of risk factors for cardiovascular disease--the other three are elevated cholesterol levels, diabetes, and cigarette smoking. Robert Kowalski endeavors to bring all these risk factors under control without resorting to medications. This book presents simple answers to the questions that arise when people take charge of their own health in partnership with their physician."âCalvin Ezrin, M.D., author of *Your Fat Can Make You Thin*

"The Blood Pressure Cure offers a comprehensive, nutritionally sound, and easily accessible guide to lowering one's blood pressure safely and effectively."âKristen Caron, M.A., M.F.T., author of *The Everyday Meal Planner for Type 2 Diabetes*

"Robert Kowalski is now doing for blood pressure what he did for cholesterol in his previous books--he is revolutionizing the way we think about the non-pharmaceutical treatment of this important risk factor for heart disease. This well-written, concise book is a must-read for every person suffering from or treating high blood pressure."âPaul Dougherty, M.D., Professor of Medicine, UCLA

Robert Kowalski, the bestselling author of *The 8-Week Cholesterol Cure*, presents a clinically proven program that draws on the very latest research on high blood pressure causes, development, and treatment. With the most up-to-date information on herbs, supplements, diet, physical activity, and more, this commonsense, easy-to-follow program can help you lower your blood pressure so that you can decrease your risk of heart attack and strokeâand increase your chances of living a long and healthy life.

## Book Information

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## Customer Reviews

In 1978, at age 35, medical journalist Kowalski (*The 8-Week Cholesterol Cure*) suffered a heart attack and later underwent two coronary bypass surgeries. Here, he relates how he lost weight, quit smoking, managed stress, lowered blood pressure and cholesterol levels and avoided medications and their side effects. Kowalski recommends ways to monitor blood pressure, combat the metabolic syndrome that leads to heart disease and diabetes (abdominal obesity, high cholesterol and triglycerides, insulin resistance, inflammation, etc.) and raise levels of HDL (good) cholesterol. He provides basic diet and exercise guidelines, details the components of proper electrolyte balance (sodium, potassium, calcium and magnesium) and describes potent natural remedies, including arginine, pycnogenol and grapeseed extract. There are sections on children's health and risks and a review of current prescription drugs for those who must take them. Kowalski's use of clichés and case studies bogs down the text somewhat. Still, readers facing poor prognoses will gain a hopeful perspective on the future from the author's experiences. (May) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

In 1978, at age 35, medical journalist Kowalski (*The 8-Week Cholesterol Cure*) suffered a heart attack and later underwent two coronary bypass surgeries. Here, he relates how he lost weight, quit smoking, managed stress, lowered blood pressure and cholesterol levels and avoided medications and their side effects. Kowalski recommends ways to monitor blood pressure, combat the metabolic syndrome that leads to heart disease and diabetes (abdominal obesity, high cholesterol and triglycerides, insulin resistance, inflammation, etc.) and raise levels of HDL (good) cholesterol. He provides basic diet and exercise guidelines, details the components of proper electrolyte balance (sodium, potassium, calcium and magnesium) and describes potent natural remedies, including arginine, pycnogenol and grapeseed extract. There are sections on children's health and risks and a review of current prescription drugs for those who must take them. Kowalski's use of clichés and case studies bogs down the text somewhat. Still, readers facing poor prognoses will gain a hopeful perspective on the future from the author's experiences. (May) (Publishers Weekly, March 19, 2007)

After being advised of the need for HBP medication by my physician nearly 8 months ago, I decided to do some research on my own to investigate natural remedies. I came across this book and decided to give it a try, so I ordered all the specific products and began taking the pills just before

Christmas 2011. I initially was on a Hyzaar medication which was horrible as I developed breathing/asthma problems which led to the need for use of a constant inhaler. I was moved on to 10 mgs of Amlodipine which did not work very well and could not consistently get below 140's/90's. My doctor was about to recommend an additional medication to supplement the Amlodipine...yeah, GREAT, more drugs! However before the additional drugs and about 6 weeks after taking the pills in the book my BP dropped to 120's/low 80's. I even got to 117/72 a number of times,. I am now down to 5 mgs of Amlodipine and I may be able to get fully off but I will give it time. One of the changes I made was that I was initially splitting taking the doses during the day. So, I would take 1/2 the Arginine and Magnesium. the GSE. The later at night I would take the Lycomato, CoQ10 and the other half of the Arginine/Magnesium supplement. NOW, I take 1/2 the Arginine/Magnesium and ALL the others in the AM and the other half of the Arginine/Magnesium in the PM. I also supplemented by adding some Garlic to the mix. Now, given that I have not isolated the effects of just the recommended pills I cannot say for sure the impact. But the bottom line is that I was usually as high as 150/100 with headaches and all and the Amlodipine was NOT working. These supplements seemed to have kicked in at the 6 week mark and my BP is much, much better. Maybe I won't get off meds entirely, but at least I have reduced my dosage and have less pharma drugs going through my system. Of course my Dr. criticized any natural remedies which peeved me even more. These guys and gals are legalized drug dealers who cannot fathom a natural remedy. I am going to cut the Amlodipine in hopes I can give it up entirely because nothing more would please me than to tell him that he is FIRED as my drug dealer. In the end, if I have to take meds I will and encourage all of you to take your health seriously. The downside of HBP is worse than any long term effects of medications. Good luck...

This is a hands on, fully explained plan to take back your health. My blood pressure was high, 195/100, so I knew I needed to do something. Bought the book but didn't start following it until one morning at Hardees I had a mini stroke, wife took me to the hospital where I suffered 4 more followed by the "big" one. Complete paralysis on the right side, couldn't even wiggle a finger or toe for two nights, Very Scary! The hospital did all the right things so the permanent damage was extremely minimal, in two weeks I was back on my feet recovering. I had ordered the L-Arginine, so started taking it with the BP medicine, added Grape seed extract, Niacin and most importantly changed my diet. Oatmeal, fruits and vegetables every day, very little meat, not even once a week, started buying fish, which seemed expensive but since I wasn't eating out and the portions are so small that my food bill went down. Six weeks later my BP is 120/80. Also losing about .2 pounds a

day, was 210 now 195. Oh, a big thing my triglycerides were 275 and my good was 24 and the bad LDL was 106 so I am upside down, will have these checked again as soon as I get the money.

Even being a person that exercises 6 days a week, having low fat in my body and eating healthy food I had my blood pressure around 130/70 easily going to 140 if I ate something with too much sodium, like Japanese food. After reading a few books I reduced the salt and increased the potassium. After a few months with this new diet my blood pressure dropped to 120/125. However, it couldn't drop more! Then I read this book and start taking the supplements the author mentioned, the four all of them. Now, after about a month my blood pressure is constantly about 115/60. Amazing!!!

I posted in one of the discussions, but it may help someone to see my results in the book reviews, so here it is: I was skeptical too; but for me it really did work. I haven't been able to cut my prescription out entirely (Benicar 20mg+12.5 HCT), but I take only 1/4 of a pill a day along with the arginine, grapeseed extract, pycnogenol, and lyc-o-mato in the dosage he recommends. My BP is a very healthy 105/69, and that is lower than with Benicar alone at full dose. If I cut out the Benicar entirely, it starts to creep back up; but I think if I lose 15 pounds, it will likely stay down. My incentive was to get rid of the Benicar because of all the side effects. I felt absolutely terrible on it. It was the third med I tried; I had issues with all of them. Yes, it costs more (my insurance paid for the Benicar with a \$10 deductible); but these BP prescription meds are powerful and they do have side effects. Some over time; others show up more quickly. If you can get rid of that, isn't it worth it? For me it is. BTW, my pre-med BP was 184/125 -- yikes! So we're talking about a serious BP problem. That was this past November. Tried 3 different meds. Been on the Benicar for 4 months, and I hated it. Started this regimen 5/25. Works better than the Benicar was working alone, and I feel great. I say at least try it and see if it can work for you. Even if you can lower your dosage, it may be worth it for you. It works quickly, so you only need buy the supplements once to find out if it is making a difference. It will likely take more than a month to fine tune things (figure out which ones are really helping and which aren't making much difference), but you will probably know in that time if it is making a difference at all. For me I noticed a difference in just a couple of days. I cut my Benicar dose in half and monitored closely, and it stayed down, then went lower, then I cut that half in half and it stayed down. Recently I doubled the arginine and it is the lowest it has been. Most of these supplements come in sizes that will last two or three months, so a while before you have to buy again even with experimenting. Good luck! Update: I found that doubling the L-Arginine and taking

only that with 1/4 of my Benicar prescription gives me a very good BP rate of about 110/70. If I take the other supplements, it goes even lower, about 95/60. This is more along my normal BP when I was thin and younger (up to about age 35). But for now, I'm happy with 110/70. The L-Algernine at twice his recommendation along with 1/4 of my prescription works very well. I'm hoping to cut out the script altogether by losing weight. I'll have to see if I need to use some of the other supplements along with L-Algernine when I stop taking the Benicar.

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