

FULLY REVISED AND UPDATED

Control High Blood Pressure

"I recommend this book highly for people with high blood pressure."

—Jeff Kane, M.D., author of
The Healing Companion

***A Complete
Hypertension
Handbook***

Without Drugs

- All the latest medical information on prevention and treatment
- Advice on using natural remedies as safe and effective alternatives to prescription drugs
- Simple dietary guidelines and flexible meal plans that keep you satisfied while lowering blood pressure
- Includes an extensive listing of Web sites and resources for further information

Robert Rowan, M.D.

with Constance Schrader

Control High Blood Pressure Without Drugs

Daniel F McAuley



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