

Overcoming High Blood Pressure



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High blood pressure is one of today's most serious health problems, and a leading cause of heart attacks and strokes. Fortunately, there are many effective homeopathic approaches to controlling the disease, and this enlightening volume in the new "Overcoming" series lays them all out. Dr. Sarah Brewer, a foremost practitioner of holistic medicine, explains exactly what hypertension is, what complications can arise, and how it's diagnosed, screened, and treated. Most important, she goes through a

wide range of complementary remedies, explaining them in reassuring, easy-to-follow detail. They include everything from acupuncture, yoga, and meditation to nutritional and lifestyle changes. A questionnaire helps sufferers pinpoint what's right for them, and choose one of Dr. Brewer's three programs--which feature exercise suggestions and recipes for every meal.

作者介绍:

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