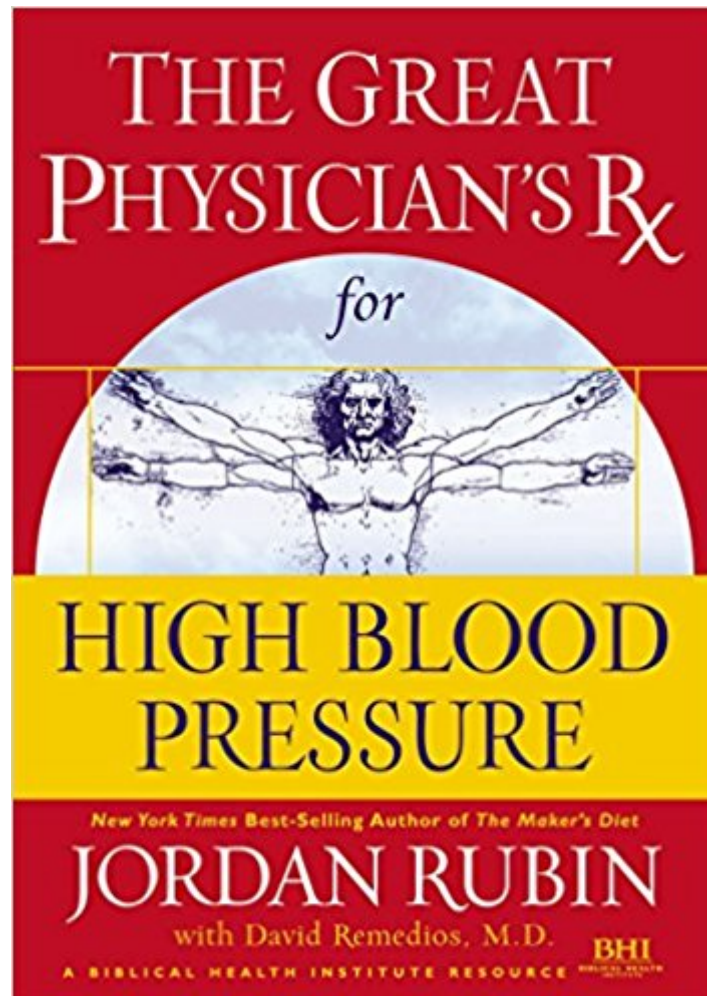




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GPRX For High Blood Pressure (Great Physician's Rx Series)



Synopsis

Seven Keys to defeat hypertension and unlock overall health potential. An estimated one in every three American adults-65 million in all-has high blood pressure, or hypertension. In general, the older you are, the greater your chance of developing high blood pressure. Once high blood pressure develops, it usually lasts a lifetime unless steps are taken to control it. More than two-thirds of the Americans with hypertension are taking at least one medication for their afflictions. Following the Seven Keys that make up the Great Physician's prescription for health and wellness can set you down the right road toward lowering your high blood pressure and regaining your health. This strategy for defeating hypertension is based on the Seven Keys to unlock your God-given health potential first described in The Great Physician's Rx for Health and Wellness.

Book Information

Series: Great Physician's Rx Series

Hardcover: 128 pages

Publisher: Thomas Nelson; 1 edition (November 6, 2007)

Language: English

ISBN-10: 0785219226

ISBN-13: 978-0785219224

Product Dimensions: 7.4 x 5.4 x 0.6 inches

Shipping Weight: 6.4 ounces

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,886,347 in Books (See Top 100 in Books) #86 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure](#) #857 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease](#)

Customer Reviews

Jordan Rubin is the author of the New York Times bestseller The Maker's Diet with over 2 million copies in print. His story and his previous books have been featured on Good Morning America, NBC Nightly News, Fox and Friends, and Inside Edition, and in USA Today, Time, and Newsweek. Jordan also founded the Biblical Health Institute to empower the church to live the abundant life that glorifies God. Joseph D. Brasco, M.D., who is board certified in internal medicine and gastroenterology, is in private practice in Indianapolis, Indiana. He has skillfully combined diet, supplementation, and judicious use of medications to provide a comprehensive and effective treatment program. Dr. Brasco is the coauthor of Restoring Your Digestive Health with Jordan

Rubin.

Contains enough to be useful. I refer to it all the time. Small enough to be portable if you want to keep it in your car etc. or refer to it on trips. His style of writing targets the body, soul and mind.

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