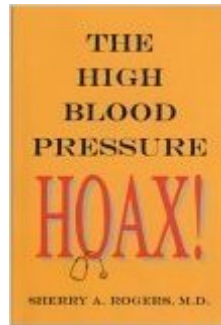


The book was found

# The High Blood Pressure Hoax



## Synopsis

Blood pressure drugs guarantee you will get worse, for they actually deplete the nutrients that cause high blood pressure, making sure you will need even more medications. They also shrink the brain and raise your risk of heart attack, senility and blindness. High blood pressure is not a deficiency of blood pressure-lowering drugs. But there are dozens of ways you can permanently cure your high blood pressure without drugs. And since healthy blood vessels determine the longevity of every organ in the entire body, you need this book even if you don't have high blood pressure, for vascular health is key to total body health and longevity. First of all every single cell of your body depends on the health of your blood vessels that supply them. If you don't want to get Alzheimer's, then you need a healthy brain, but it is only as healthy as its blood supply. Likewise, if you don't want cancer (or you are trying to heal it), it starts (and spreads) in areas of poor circulation. The High Blood Pressure Hoax will show you that for every ailment even one as simple as high blood pressure, there are multiple causes and multiple cures. You have a lot to choose from. In fact, I would suggest you read the entire book before you chose your program. For by understanding how the various causes work, you (who know your body and medical history better than anyone else) have the optimum opportunity for choosing the best solution for you. This is the ultimate plan for vascular health, but it doesn't stop there. It also continues on from where Detoxify or Die left off and takes you to more powerful levels of detoxification. I can't wait to empower you! So let's get started.

## Book Information

Paperback: 280 pages

Publisher: Prestige Pubs; 1 edition (February 2008)

Language: English

ISBN-10: 1887202056

ISBN-13: 978-1887202053

Product Dimensions: 0.8 x 6 x 8.8 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (77 customer reviews)

Best Sellers Rank: #26,827 in Books (See Top 100 in Books) #6 in [Books > Health, Fitness &](#)

[Dieting > Diseases & Physical Ailments > High Blood Pressure](#) #14 in [Books > Textbooks >](#)

[Medicine & Health Sciences > Medicine > Clinical > Cardiology](#) #23 in [Books > Medical Books >](#)

[Medicine > Internal Medicine > Cardiology](#)

## Customer Reviews

To personify the hoax, if indeed there is one, is to see how the facts presented apply to one's own situation. As Dr. Rogers alludes, this entails boning up on current studies, anatomical facts, one's personal health history, and a critical analysis of one's lifestyle. The first two areas mentioned are critical to making crucial decisions regarding meds, and of not just their benefits, but their potential bad effects. The usual scenario as one advances past middle age is a doctor's visit where these words are spoken (after several sets of b/p readings are taken), "Uh, since you are moderately hypertensive, I'm going to start you on these medications ... " A better approach might be to limit fats, exercise, and lose ten pounds. Then, when your readings drop some but are still above currently proposed limits, you might want to consider a low dosage regime, while working to further improve your lifestyle. But why the hoax? According to fairly recent statistics from the American Heart Association, in 2002, 65 million Americans have high blood pressure, although these numbers are difficult to come by, since many with hypertension have not been diagnosed, and some being treated should NOT be. Normal blood pressure was most recently defined in 2003 by a national advisory committee to the United States Department of Health and Human Services as systolic pressure of 120 mm/Hg or greater, and/or a diastolic pressure of 80 mm/Hg or greater. However, it has been reported that since "normals" for seniors have been revised downward by this study, profits for the pharmaceutical companies have soared. Dr. Rogers feels that these numbers have been set too low, and I agree. They are a significant drop from what was once considered normal.

As a former HBP medication taker I was always concerned about the side effects of the drugs but was more concerned about not treating HBP. So, I blindly took what my doctor prescribed, that is until last month. One thing that really startled me was the revelation that the calcium channel blocker I was taking had been shown to shrink your brain! So, I was determined to find an alternative. After reading this book and doing a lot of other research I decided to try some of the suggestions and see how I reacted. I knew I could always fall back on the brain shrinking drugs if it didn't work. I'm not vegan and I don't take a lot of alternative medications however I thought this was at least worth a try. Boy, was it! After one month of not taking my prescription and taking about 7 of the natural supplements (magnesium, vit C, vit E, r-Lipoic acid, l-carnatine, arginine, kyolic) that Dr. Rogers recommended my BP was down significantly! To 120-124/74-77! Not down from my highest readings but down from my normal readings while taking the Rx for 7 years! With the Rx it was always in the range of 135-138/86-90. That's about 15 points systolic and 12 points diastolic! I check my BP twice a day and it has been stable at the lower range. I feel better overall. This could be because I am eliminating the negative side effects of the Rx (they all have them ) and benefiting

from the natural supplements that my body makes or needs anyways. All I know is that it works for me! The only downside is that my Rx was free! Well, it was covered by my insurance and I have to pay for the supplements out of pocket. However, the trade off for my health is worth the cost.

[Download to continue reading...](#)

High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High Bl) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Pressure Cooker: Mouthwatering Pressure Cooker Recipes - Granny's Pick Size L Recipes Collections(Pressure Cooking,Pressure Cooker Books,Pressure Cooker Recipe Book, Pressure Cooker Dump Dinner) Blood Pressure Box set: Blood Pressure Solution - How To Lower Your Blood Pressure & Cholesterol Without Medication, Just By Using Natural Remedies and Diet! Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating) Pressure Cooker Cookbook: 3 In 1 Box Set - 310 Mouth-Watering and Healthy Pressure Cooker Recipes for Stove Top and Electric Pressure Cookers (Pressure Cooker, Pressure Cooker Recipes) The High Blood Pressure Hoax Blood Pressure Solution: How To Prevent And Manage High Blood Pressure Using Natural Remedies Without Medication High Blood Pressure Solution: Simple Lifestyle Changes to Lower Blood Pressure Naturally and Prevent Heart Disease High Blood Pressure Explained: Natural, Effective, Drug-Free Treatment for the "Silent Killer": (Blood Pressure, Hypertension, Heart Health, Naturopathy, Natural Remedies) High Blood Pressure Cure & Aging Well Box Set: How to Lower Blood Pressure Naturally and Make the Best of Your Golden Years Cooking Under Pressure -The Ultimate Electric Pressure Recipe Cookbook and Guide for Electric Pressure Cookers.: New 2016 Edition - Now Contains 250 Electric Pressure Cooker Recipes. Pressure Cooker Cookbook: 370 Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals (Pressure Cooker, Electric Pressure Cooker Cookbook) PRESSURE COOKER: The Ultimate Cookbook for Easy and Delicious Recipes (Pressure cooker cookbook, pressure cooking, easy meals, soups, electric pressure cooking) Cardiovascular Disease: Fight it with the Blood Type Diet: The Individualized Plan for Treating Heart Conditions, High Blood Pressure, High ... (Eat Right 4 (for) Your Type Health Library) 500 High Fiber Recipes: Fight Diabetes, High Cholesterol, High Blood Pressure, and Irritable Bowel Syndrome with Delicious Meals That Fill You Up and Help You

Shed Pounds! Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks--Without Prescription Drugs Lower Your Blood Pressure Naturally: Drop Pounds and Slash Your Blood Pressure in 6 Weeks Without Drugs The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without ... Boost your energy, and Stay healthy for life!

[Dmca](#)