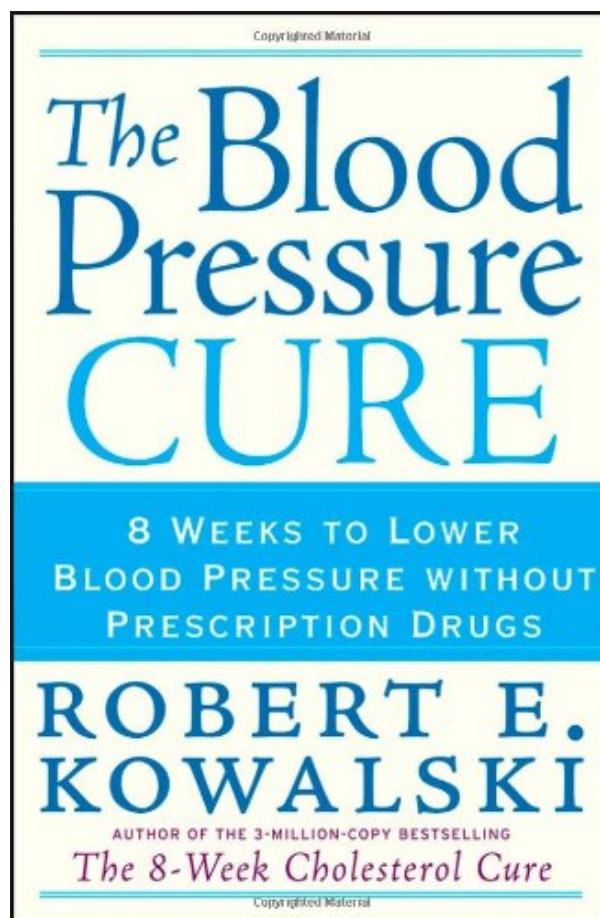


**THE BLOOD PRESSURE CURE: 8 WEEKS TO  
LOWER BLOOD PRESSURE WITHOUT  
PRESCRIPTION DRUGS BY ROBERT E.  
KOWALSKI**



**DOWNLOAD EBOOK : THE BLOOD PRESSURE CURE: 8 WEEKS TO LOWER  
BLOOD PRESSURE WITHOUT PRESCRIPTION DRUGS BY ROBERT E.  
KOWALSKI PDF**



Copyrighted Material

# *The* Blood Pressure CURE

8 WEEKS TO LOWER  
BLOOD PRESSURE WITHOUT  
PRESCRIPTION DRUGS

ROBERT E.  
KOWALSKI

AUTHOR OF THE 3-MILLION-COPY BESTSELLING

*The 8-Week Cholesterol Cure*

Copyrighted Material

Click link bellow and free register to download ebook:

**THE BLOOD PRESSURE CURE: 8 WEEKS TO LOWER BLOOD PRESSURE WITHOUT  
PRESCRIPTION DRUGS BY ROBERT E. KOWALSKI**

[DOWNLOAD FROM OUR ONLINE LIBRARY](#)

# **THE BLOOD PRESSURE CURE: 8 WEEKS TO LOWER BLOOD PRESSURE WITHOUT PRESCRIPTION DRUGS BY ROBERT E. KOWALSKI PDF**

Maintain your way to be below and also read this page finished. You could take pleasure in looking guide *The Blood Pressure Cure: 8 Weeks To Lower Blood Pressure Without Prescription Drugs By Robert E. Kowalski* that you truly describe obtain. Here, obtaining the soft data of guide *The Blood Pressure Cure: 8 Weeks To Lower Blood Pressure Without Prescription Drugs By Robert E. Kowalski* can be done easily by downloading in the link web page that we offer below. Naturally, the *The Blood Pressure Cure: 8 Weeks To Lower Blood Pressure Without Prescription Drugs By Robert E. Kowalski* will certainly be yours quicker. It's no have to get ready for guide *The Blood Pressure Cure: 8 Weeks To Lower Blood Pressure Without Prescription Drugs By Robert E. Kowalski* to obtain some days later after purchasing. It's no have to go outside under the heats up at middle day to visit the book store.

From Publishers Weekly

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.

Review

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)

## From the Inside Flap

Robert Kowalski's #1 New York Times bestseller *The 8-Week Cholesterol Cure* revolutionized the way we understand and treat high cholesterol. Now Kowalski introduces the ultimate clinically proven program to lower blood pressure and reduce the risk of heart attack and stroke—without the need to make difficult lifestyle changes or take prescription drugs that may have unpleasant side effects. Whether you already have high blood pressure or have the high-normal levels now known as prehypertension, this book shows how you can manage your blood pressure naturally and see results in eight weeks or less.

In *The Blood Pressure Cure*, Robert Kowalski gives you step-by-step instructions for testing and monitoring your blood pressure, establishing new goals, and reaching them quickly. He includes simple ways to reduce stress and increase your physical activity without spending all your time at the gym. And he reveals five secret weapons for lowering blood pressure, including new supplements such as grapeseed and tomato extracts and Pycnogenol. Several recent major clinical studies have shown that these supplements can lower blood pressure as effectively as prescription drugs without the side effects. You'll also discover:

- How cocoa and wine can improve your blood pressure
- The connection between blood pressure and other risk factors for heart disease
- Ways to make quitting smoking easier than ever
- Special advice for women, African Americans, older people, and people with diabetes
- A comprehensive guide to the latest prescription drugs to make it easier to navigate all your options

*The Blood Pressure Cure* contains lots of good news about eating, drinking, and your blood pressure. You'll learn that with simple changes, you can still enjoy many of your favorite foods. There's no need to give up the salt shaker, either—just balance the sodium in salt with other electrolytes by following the book's easy tips. Finally, Kowalski includes a selection of simple, delicious, heart-healthy recipes that will help you lower your blood pressure the natural way.

The latest medical standards for blood pressure will leave millions of people worried about "the silent killer" and wondering whether they need to take prescription drugs for the rest of their lives. You don't have to be among them. Start *The Blood Pressure Cure* today and take control of your health—in eight weeks or less.

# **THE BLOOD PRESSURE CURE: 8 WEEKS TO LOWER BLOOD PRESSURE WITHOUT PRESCRIPTION DRUGS BY ROBERT E. KOWALSKI PDF**

[Download: THE BLOOD PRESSURE CURE: 8 WEEKS TO LOWER BLOOD PRESSURE WITHOUT PRESCRIPTION DRUGS BY ROBERT E. KOWALSKI PDF](#)

This is it the book **The Blood Pressure Cure: 8 Weeks To Lower Blood Pressure Without Prescription Drugs By Robert E. Kowalski** to be best seller lately. We offer you the most effective deal by getting the stunning book *The Blood Pressure Cure: 8 Weeks To Lower Blood Pressure Without Prescription Drugs By Robert E. Kowalski* in this internet site. This *The Blood Pressure Cure: 8 Weeks To Lower Blood Pressure Without Prescription Drugs By Robert E. Kowalski* will certainly not only be the kind of book that is difficult to locate. In this internet site, all kinds of publications are provided. You can look title by title, author by writer, and author by author to learn the most effective book *The Blood Pressure Cure: 8 Weeks To Lower Blood Pressure Without Prescription Drugs By Robert E. Kowalski* that you could read currently.

Checking out book *The Blood Pressure Cure: 8 Weeks To Lower Blood Pressure Without Prescription Drugs By Robert E. Kowalski*, nowadays, will certainly not compel you to consistently purchase in the establishment off-line. There is an excellent place to acquire guide *The Blood Pressure Cure: 8 Weeks To Lower Blood Pressure Without Prescription Drugs By Robert E. Kowalski* by on the internet. This website is the most effective site with great deals numbers of book collections. As this *The Blood Pressure Cure: 8 Weeks To Lower Blood Pressure Without Prescription Drugs By Robert E. Kowalski* will certainly be in this publication, all books that you need will correct here, as well. Just look for the name or title of guide *The Blood Pressure Cure: 8 Weeks To Lower Blood Pressure Without Prescription Drugs By Robert E. Kowalski* You could discover what exactly you are searching for.

So, also you need obligation from the company, you might not be confused anymore since books *The Blood Pressure Cure: 8 Weeks To Lower Blood Pressure Without Prescription Drugs By Robert E. Kowalski* will certainly always assist you. If this *The Blood Pressure Cure: 8 Weeks To Lower Blood Pressure Without Prescription Drugs By Robert E. Kowalski* is your best companion today to cover your work or work, you can as soon as possible get this publication. Just how? As we have actually informed recently, just see the link that we provide below. The verdict is not only guide [The Blood Pressure Cure: 8 Weeks To Lower Blood Pressure Without Prescription Drugs By Robert E. Kowalski](#) that you search for; it is how you will certainly obtain lots of books to assist your skill and also capability to have piece de resistance.

# **THE BLOOD PRESSURE CURE: 8 WEEKS TO LOWER BLOOD PRESSURE WITHOUT PRESCRIPTION DRUGS BY ROBERT E. KOWALSKI PDF**

"The book is exceptional in its clarity and depth. I would recommend it to anyone with a tendency to hypertension."

—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."

—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."

—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."

—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 stroke—and increase your chances of living a long and healthy life.

- Sales Rank: #1885151 in Books
- Published on: 2007-04-27
- Original language: English
- Number of items: 1
- Dimensions: 9.61" h x 1.30" w x 6.52" l, 1.20 pounds
- Binding: Hardcover
- 320 pages

From Publishers Weekly

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.

#### Review

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)

#### From the Inside Flap

Robert Kowalski's #1 New York Times bestseller *The 8-Week Cholesterol Cure* revolutionized the way we understand and treat high cholesterol. Now Kowalski introduces the ultimate clinically proven program to lower blood pressure and reduce the risk of heart attack and stroke—without the need to make difficult lifestyle changes or take prescription drugs that may have unpleasant side effects. Whether you already have high blood pressure or have the high-normal levels now known as prehypertension, this book shows how you can manage your blood pressure naturally and see results in eight weeks or less.

In *The Blood Pressure Cure*, Robert Kowalski gives you step-by-step instructions for testing and monitoring your blood pressure, establishing new goals, and reaching them quickly. He includes simple ways to reduce stress and increase your physical activity without spending all your time at the gym. And he reveals five secret weapons for lowering blood pressure, including new supplements such as grapeseed and tomato extracts and Pycnogenol. Several recent major clinical studies have shown that these supplements can lower blood pressure as effectively as prescription drugs without the side effects. You'll also discover:

- How cocoa and wine can improve your blood pressure
- The connection between blood pressure and other risk factors for heart disease
- Ways to make quitting smoking easier than ever
- Special advice for women, African Americans, older people, and people with diabetes
- A comprehensive guide to the latest prescription drugs to make it easier to navigate all your options

*The Blood Pressure Cure* contains lots of good news about eating, drinking, and your blood pressure. You'll learn that with simple changes, you can still enjoy many of your favorite foods. There's no need to give up the salt shaker, either—just balance the sodium in salt with other electrolytes by following the book's easy tips. Finally, Kowalski includes a selection of simple, delicious, heart-healthy recipes that will help you lower your blood pressure the natural way.

The latest medical standards for blood pressure will leave millions of people worried about "the silent killer" and wondering whether they need to take prescription drugs for the rest of their lives. You don't have to be among them. Start The Blood Pressure Cure today and take control of your health—in eight weeks or less.

#### Most helpful customer reviews

14 of 14 people found the following review helpful.

I think it is working.....

By J. Williams

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...

15 of 15 people found the following review helpful.

Great book.

By JMLM

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.



37 of 38 people found the following review helpful.

**The Blood Pressure Cure: 8 Weeks to Lower Your Blood Pressure without Prescription Drugs**

By RA Johnston

I just came back from having my blood pressure checked, and it is quickly coming down to an acceptable range. The nurse was astounded that my daily supplement regimen of L-Arginine, grape seed extract, and lycopene worked so well. I bought this book and started following the recommendations immediately. It not only works, but I haven't felt this good in years! My doctor tried two different prescription drugs that caused a significant amount of muscle pain in my shoulders and upper arms to the point that it adversely affected my work performance. I had to quit taking the prescription drugs over a year ago and tried unsuccessfully to find ways to lower my blood pressure from Stage 1 hypertension, with no luck. This book is a life saver for me and I highly recommend it to anyone suffering with high blood pressure. Thank you Mr. Kowalski!!!!

[See all 76 customer reviews...](#)

# **THE BLOOD PRESSURE CURE: 8 WEEKS TO LOWER BLOOD PRESSURE WITHOUT PRESCRIPTION DRUGS BY ROBERT E. KOWALSKI PDF**

We will reveal you the best as well as most convenient way to get publication **The Blood Pressure Cure: 8 Weeks To Lower Blood Pressure Without Prescription Drugs By Robert E. Kowalski** in this globe. Bunches of collections that will sustain your duty will certainly be right here. It will certainly make you really feel so perfect to be part of this web site. Becoming the member to always see what up-to-date from this publication **The Blood Pressure Cure: 8 Weeks To Lower Blood Pressure Without Prescription Drugs By Robert E. Kowalski** site will certainly make you feel right to hunt for guides. So, just now, and here, get this **The Blood Pressure Cure: 8 Weeks To Lower Blood Pressure Without Prescription Drugs By Robert E. Kowalski** to download and also save it for your valuable worthwhile.

From Publishers Weekly

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.

Review

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)

From the Inside Flap

Robert Kowalski's #1 New York Times bestseller *The 8-Week Cholesterol Cure* revolutionized the way we understand and treat high cholesterol. Now Kowalski introduces the ultimate clinically proven program to lower blood pressure and reduce the risk of heart attack and stroke—without the need to make difficult

lifestyle changes or take prescription drugs that may have unpleasant side effects. Whether you already have high blood pressure or have the high-normal levels now known as prehypertension, this book shows how you can manage your blood pressure naturally and see results in eight weeks or less.

In *The Blood Pressure Cure*, Robert Kowalski gives you step-by-step instructions for testing and monitoring your blood pressure, establishing new goals, and reaching them quickly. He includes simple ways to reduce stress and increase your physical activity without spending all your time at the gym. And he reveals five secret weapons for lowering blood pressure, including new supplements such as grapeseed and tomato extracts and Pycnogenol. Several recent major clinical studies have shown that these supplements can lower blood pressure as effectively as prescription drugs without the side effects. You'll also discover:

- How cocoa and wine can improve your blood pressure
- The connection between blood pressure and other risk factors for heart disease
- Ways to make quitting smoking easier than ever
- Special advice for women, African Americans, older people, and people with diabetes
- A comprehensive guide to the latest prescription drugs to make it easier to navigate all your options

*The Blood Pressure Cure* contains lots of good news about eating, drinking, and your blood pressure. You'll learn that with simple changes, you can still enjoy many of your favorite foods. There's no need to give up the salt shaker, either—just balance the sodium in salt with other electrolytes by following the book's easy tips. Finally, Kowalski includes a selection of simple, delicious, heart-healthy recipes that will help you lower your blood pressure the natural way.

The latest medical standards for blood pressure will leave millions of people worried about "the silent killer" and wondering whether they need to take prescription drugs for the rest of their lives. You don't have to be among them. Start *The Blood Pressure Cure* today and take control of your health—in eight weeks or less.

Maintain your way to be below and also read this page finished. You could take pleasure in looking guide *The Blood Pressure Cure: 8 Weeks To Lower Blood Pressure Without Prescription Drugs By Robert E. Kowalski* that you truly describe obtain. Here, obtaining the soft data of guide *The Blood Pressure Cure: 8 Weeks To Lower Blood Pressure Without Prescription Drugs By Robert E. Kowalski* can be done easily by downloading in the link web page that we offer below. Naturally, the *The Blood Pressure Cure: 8 Weeks To Lower Blood Pressure Without Prescription Drugs By Robert E. Kowalski* will certainly be yours quicker. It's no have to get ready for guide *The Blood Pressure Cure: 8 Weeks To Lower Blood Pressure Without Prescription Drugs By Robert E. Kowalski* to obtain some days later after purchasing. It's no have to go outside under the heats up at middle day to visit the book store.