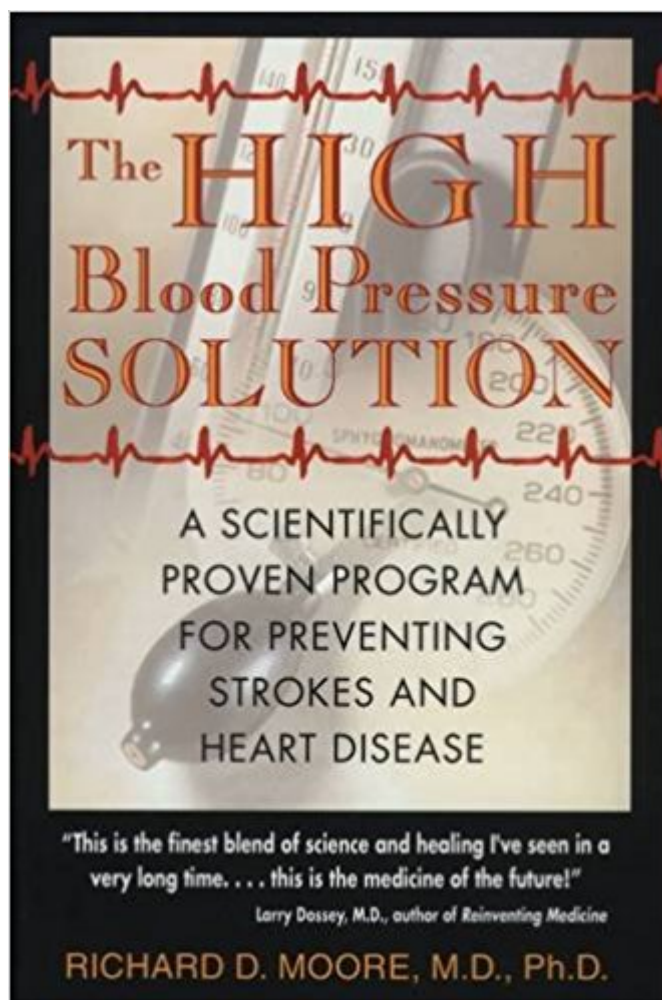


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# The High Blood Pressure Solution: A Scientifically Proven Program For Preventing Strokes And Heart Disease



## Synopsis

Proves that the majority of cases of stroke, heart attack, and hypertension can easily be prevented by maintaining the proper ratio of potassium to sodium in the diet. Updated with scientific evidence from a recent Finnish study showing a 60 percent decline in deaths attributed to strokes and heart attacks. Provides a comprehensive program for balancing body chemistry at the cellular level. High blood pressure is entirely preventable, without reliance on synthetic drugs. Dr. Moore's approach is simple: by maintaining the proper ratio of potassium to sodium in the diet, blood pressure can be regulated at the cellular level, preventing the development of hypertension and the high incidence of strokes and heart attacks associated with it. Dr. Moore updates this edition with a new preface reporting on the latest scientific research in support of his program. The most striking results come from Finland, where for several decades sodium chloride has been replaced nationwide with a commercial sodium/potassium mixture, resulting in a 60 percent decline nationwide in deaths attributed to strokes and heart attacks. Extrapolated to America, the Finnish statistics would mean 360,000 strokes prevented and 96,000 lives saved every year. Dr. Moore makes it clear that high blood pressure is only one symptom of an entire systemic imbalance. He outlines a safe, effective program that focuses on nutrition, weight loss, and exercise to bring the entire body chemistry into balance. For those currently taking blood pressure medications, he includes a chapter on working with your physician to ensure that any reduction in hypertension drugs can be effected gradually and safely.

## Book Information

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## Customer Reviews

"This is the finest blend of science and healing I've seen in a very long time. . . . this is the medicine of the future!" (Larry Dossey, M.D., author of *Reinventing Medicine*) "A fantastic treatment presented in a simple, practical, logical order for the patient and physician as well. Here is a book that needed to be written." (Armand E. Brodeur, M.D., M.R.D., Professor, St. Louis University School of Medicine) "Should be required reading for everyone, especially those who have a familial history of high blood pressure, or those who have already been diagnosed as having high blood pressure." (John J. Duncan, M.D., Institute for Aerobics Research, Dallas, Texas) "A fantastic treatment presented in a simple, practical, logical order for the patient and physician as well. One of my colleagues glanced through the book as it was sitting on my desk and said 'Hey, this is a life saver!' Here is a book that needed to be written." (Armand E. Brodeur, M.D., M.R.D., Professor, St. Louis University School of Medicine)

**HEALTH** The High Blood Pressure Solution presents a natural approach to controlling hypertension and dispels many of the myths surrounding the treatment of this silent killer. In clear, simple language, backed by sound scientific research, Dr. Moore explains how:

- Hypertension is completely preventable without reliance on synthetic drugs
- Artificially lowering blood pressure to "normal" levels with drugs fails to prevent many strokes and heart attacks
- The vast majority of strokes could be eliminated by balancing dietary potassium and sodium
- Based on the principles in this book, the entire country of Finland has reduced strokes and heart attacks 60% nationwide

Dr. Moore's approach is simple: by maintaining the proper ratio of potassium to sodium in the diet, blood pressure can be regulated at the cellular level, preventing the development of hypertension and the high incidence of strokes and heart attacks associated with it. Dr. Moore updates this edition of *The High Blood Pressure Solution* with a new preface reporting on the latest scientific research in support of his program. The most striking results come from Finland, where table salt has been replaced nationwide with a commercial sodium/potassium/magnesium mixture. Between 1972 and 1992, Finland saw a 60 percent decline nationwide in deaths attributed to strokes and heart attacks. Dr. Moore makes it clear that high blood pressure is only one symptom of an entire systemic imbalance. He outlines a safe, effective program that focuses on nutrition, weight loss, and exercise to bring the entire body chemistry into balance. He also includes a chapter on working with your physician to ensure that reduction of any hypertension drugs you might be taking can be effected safely. **RICHARD MOORE** holds an M.D. from the Indiana University School of Medicine and a Ph.D. in biophysics from Purdue University.

He has been a professor of biophysics at the State University of New York at Plattsburgh and a visiting professor at the University of Vermont's medical school. He has been active in the field of biomedical research for over thirty years.

I was so frustrated with my doctors and their unwillingness to do anything but prescribe medicines with terrible side effects. On a beta blocker I couldn't breathe or exercise--even a flight of steps was an effort. I thought it might be stress and tried the machine Resperate but sent it back as it did nothing for me after a month. So I started reading and researching and eventually found this book, which boiled it down to one correctable problem. After only one week religiously following this program my BP dropped by 20 points. I have found my "lifestyle". And I don't have to give up meat and go vegan which Bill Clinton did and I would be willing to do if it was the only thing to improve my BP and my overall heart health. I haven't been hungry on the K Factor program but I am losing weight naturally--three pounds the first week. It's been challenging to find no-salt products but I purchased three salt free cookbooks on this site and that's been helpful. Yes, food tastes different and "flat" but I want to "eat to live".

It is a shame that the public is deliberately misinformed concerning proven alternate natural treatment for high blood pressure. It was by chance that I stumbled across Dr. Moore's book. I thought that I would be on high blood pressure medication for the rest of my life and probably die from one or more of its side effects, but now there are other possibilities like just old age. From 190/110 to 129/80

I hope most readers are young enough to change their salt consumption habits to allow it to make a difference before they have damaged their bodies beyond repair. This well supported expose of the role of the sodium pump within our body's cells and what happens when it goes wrong due to excessive consumption of salt, is a monumental eye opener. The cascade of events that occur with all the imbalances in every associated mineral and the biochemical, thus physiological consequences throughout our bodies via the cells, is clearly explained, step by step. It leaves no doubt that it is necessary to limit sodium chloride in our diets to the 500mg that the body actually needs to replace each day. Since the kidneys recycle all but that 500mg, even 2000 mg a day is excessive, it reveals, and most people consume way more than that on a daily basis. This has an affect of slowly "poisoning" us. (\*my word) It also goes on to demonstrate that if we consume enough potassium to counter balance some of the excess sodium, we can flavor our food without

denying ourselves the pleasure of adding extra taste to our food. The foods to eat and the amounts (such as bananas, and other fruits and vegetables) plus the amounts to consume with the corresponding sodium intake to maintain a healthy sodium balance is conveniently provided. Plus education about reading labels on processed foods to assess sodium and potassium content (where provided) is also given. It makes the case that not only high blood pressure is directly caused by excess salt in our diet but also that insulin resistance, osteoporosis, diabetes mellitus, coronary artery disease and other diseases that occur as we get older could be prevented if we follow the advice provided in the book. If not too late, some of them can be reversed if steps are taken to correct our diet as well. This is not just diet fad stuff, it is supported by scientific studies and it is medically valid.

It is redundant, and not a smooth presentation. However, it made us change our life style! If our cells are made to operate with more potassium and less sodium then that is way we should be eating to maintain our bodies in good health. Dr Moore explains why we get high blood pressure, diabetes, etc. Rather than just take a pill for the symptoms, why not attack the cause.

I bought this book years ago and read it and then just recently bought it again... I have to say that this book really helped me with lowering my blood pressure.. Before this book I never really understood the importance of potassium.. and that the ratio of salt to potassium is important.. The book is written so that it is easy enough for a layman to understand but also gives the answers that a medical person would want. I have bought copies of this book several times and given it to others... Would defiantly recommend.

Changed my life. Changed my diet. Changed my health. So simple. Such good work.

Following this book's simple advice, I achieved a dramatic drop in blood pressure and have stopped taking blood pressure medicine. The author has his own idea about the cause of, and cure for, primary hypertension. This idea has not entered the medical mainstream. Often a researcher with a theory outside of the medical mainstream is bad thing (think about Peter Duesberg, the virologist who claims HIV doesn't cause AIDS), but in this case it seems like a very good thing. First, Dr. Moore's hypothesis explains some of the puzzles of hypertension, such as the fact that naturally low blood pressure confers better health than drug-lowered blood pressure. Second - and this is the reason you should read this book - following his dietary advice, I lowered my blood pressure from

150/90 to 110/75 - a drop hypertension "experts" assure us is impossible without drugs. (I should add that I didn't follow the book's diet but simply used its principles to devise my own approach to eating.)

Eating potassium rich fruit and vegetables and replacing salt with Morton Lite Salt (which contains potassium), can get you off of medications. Got my pressure into normal range most of the time.

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