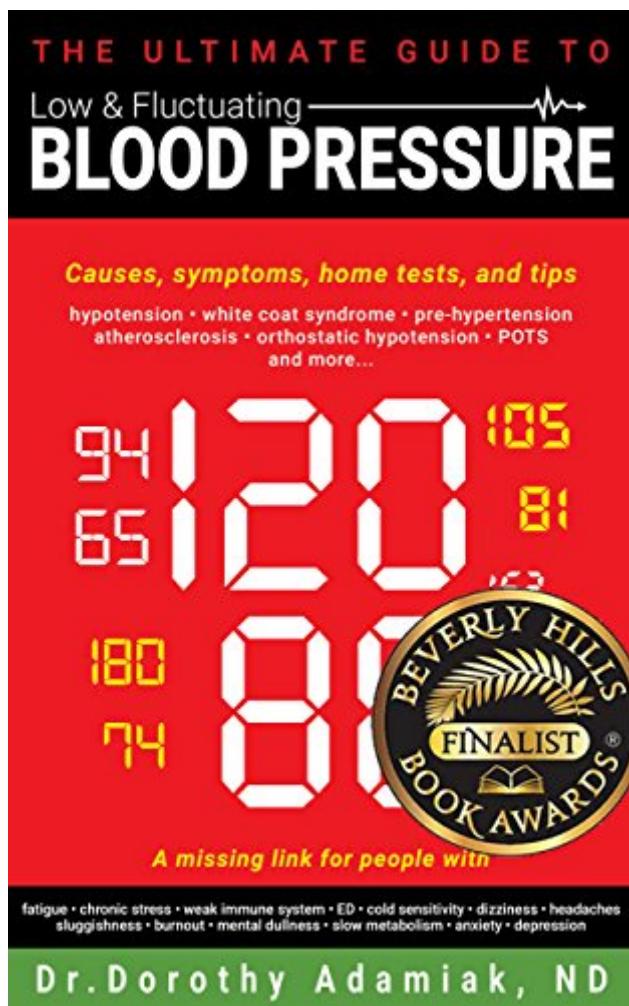


The book was found

The Ultimate Guide To Low And Fluctuating Blood Pressure: Symptoms, Causes And Solutions



Synopsis

Why is your blood pressure doing funny things? Why is it high one time and flat low the other minute? Why is your heart rate so erratic? Ponder no longer. After reading just a few chapters you will know whether:Your blood pressure is in a danger zoneWhat are long-term complications for fluctuating blood pressureWhich supplements to take to stabilize erratic circulationWhich foods to avoid and which foods to eatWhat tests can you do at home to find out underlying causes of circulatory instabilityHow to bring blood pressure and heart rate back to normal by using only home methodsThe Guide will give you a deep insight into the works of your body and make you an expert blood pressure tamer. Abundant tips and simple home tests will guide you towards self-discovery and health improvement beyond circulatory system.

Book Information

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Customer Reviews

This book gives a very well researched study on blood pressure, its causes, and its various remedies. Tired of all the pills and their side effects? Take a look at this book and see if it can give you some guidelines the doctors won't take the time to discuss.

Very informative. I have put nearly all the ideas in practice and have seen great results. My doctor is working with me to lower my medication safely as my BP begins to drop.

This book is almost exclusively about low blood pressure with little coverage of fluctuating blood pressure, which I have. And, in that regard, it seems geared to people with low (and fluctuating) blood pressure and not people with high (and fluctuating) blood pressure.

Lots of overlooked editing mistakes! That's a pet peeve of mine...didn't always stick to topic either. I did appreciate the website links.

Good, but not talk about spike BP and high blood pressure. Leans toward low BP.

A really interesting and easy-to-read book. Very helpful

Haven't finished reading

I had the distinct honour of reading this book before it was published. Understanding Dr.D's wealth of knowledge, clinical experienced and attention to detail I had high expectations, but did not completely know what to expect. Due to my training as massage therapist I have better then average understanding of health and wellness. I am familiar with blood pressure cuff's and contraindications of treatment. This book is chalk full with details about blood pressure, whether low, high or fluctuating. It provides detailed explanations for the many contributing factors and serves as an empowering guide to find a path to better health and wellness. It shows you how a basic home use blood pressure cuff can be used as a self diagnostic tool, this book is so much more then a blood pressure guide. As the human body is not just the sum of many parts, but a complex machine you will learn how diet, daily habit's, exercise, stress at home or work and even breathing affects your cardio vascular system and by extension your mood, energy and wellness. You will understand how certain foods/beverages and when they are consumed may be triggering a recurring problem and what to do about it. Not only are you getting invaluable information in easy to follow language, it is all backed by references to relevant research studies if you are so inclined. If you are looking to take charge of your health without all the medical jargon, you will not be disappointed.

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