The DASH Diet for Hypertension

By Thomas J. Moore
Genre : Fitness

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The DASH Diet for Hypertension by Thomas J. Moore is Fitness More than 50 million Americans suffer from high blood pressure, and most of them control it by taking prescription drugs with potentially dangerous side effects. But there is a natural, affordable, and easy-to-manage alternative to medication: the DASH (Dietary Approaches to Stop Hypertension) diet. Developed by a world-class team of doctors and nutritionists, the DASH diet is clinically proven to lower blood-pressure levels and thereby reduce the risk of heart failure, stroke, and kidney disease. Now, with The DASH Diet for Hypertension, readers can benefit from: • A hearty and healthful selection of DASH menus, recipes, even grocery lists • DASH weight-loss and exercise programs for everyday living • The science behind DASH, including calorie worksheets and a formula to calculate body-mass ...and much more from this revolutionary program, which is recommended by the American Heart Association; the National Heart, Lung, and Blood Institute; the American Society for Hypertension; and other leading medical authorities.

More Recommended Books

The Root of Chinese Qigong

By : Jwing-Ming Yang
Winner - Prix Bushido French Book Award Qigong training can improve your health, cure illness, and help you overcome the stress of daily living. Qigong is the study of Qi, or vital energy, that circulates in the human body, and it has been practiced by the Chinese for thousands of years. Qigong is a unique and comprehensive approach to health and longevity, and can be trained by anyone. Get the most from your practice by understanding the principles and foundation of this ancient science. Dr. Yang teaches sitting and standing meditation, demonstrates massage techniques, and explores the Qi pathways in your body. He explains correct breathing methods, shares secrets for quieting the mind, and discusses how to increase your body's Qi supply. In addition, he also explains important concepts such as the Three Treasures and regulating the body, breath, and mind. Whatever style you practice, you'll find the keys to successful training in The Root of Chinese Qigong. • Improve your health with Qi (vital energy) training. • Relieve stress with simple breathing techniques. • Learn the secrets that will advance your practice. • Discover the foundations of Chinese medicine. • Eliminate tension with soothing relaxation exercises. • Includes more than sixty detailed photos and illustrations.
Los poderes de la gratitud

By: Rébecca Shankland
Un pequeño agradecimiento puede obrar un gran cambio. Expresar gratitud o reconocimiento por lo que se nos ha permitido vivir es mucho más que una cualidad o una emoción agradable. La gratitud es un auténtico motor de bienestar para quien la cultiva y para quien es objeto de ella. Numerosos trabajos científicos lo demuestran. La gratitud, un valor clave de la psicología positiva, contribuye a mejorar las relaciones humanas. ¿Cómo darle un lugar más importante en nuestra vida? Esta obra te invita a descubrir los poderes de este ingrediente esencial del equilibrio personal. Propone también herramientas para desarrollar esta disposición al agradecimiento, cuyos beneficios para uno mismo y para la colectividad sean reconocidos en la actualidad, tanto en la esfera privada como en el medio profesional o también en la escuela.

Claustrophobia, Get Professional Help, Joe

By: Joseph P. Badame
The pursuit of a remedy for a physical injury or disability is usually straightforward. The injury is a visible and quantifiable thing that many times suggests its own solution. Psychological disorders present a more difficult problem. The manifestation of the disorder is invisible, usually within the patient’s brain. As such, it is much more difficult to diagnose and treat and much harder for the patient to contend with. At the time one needs a clear mind to function and make decisions, the affliction itself interferes with that process. My anxiety and panic were such instances triggered by a bout of claustrophobia. This story does not propose solutions, but by recounting my unsuccessful attempts at seeking treatment, it is hoped that the medical professions can improve the dispensing of care for this debilitating disorder. Furthermore, it might give some insight to others similarly afflicted on how to contend with their own disability.

Blood Pressure Solution

By: Margaret Schmitt, R.D.
Do you have high blood pressure? Do you want to find a solution to it? Do you want to do it without medication and by using all natural remedies? More than a billion people worldwide have hypertension. It is a leading cause of hundreds of thousands of deaths every year and most drugs only target the symptoms and are not designed to provide a long-term solution. Now, with Blood Pressure Solution: The Path to Naturally Lower and Control your Blood Pressure, Without Medication, you have the ideal book to help you develop a comprehensive understanding of hypertension and the different treatment options that are available, with chapters on: - The causes of high blood pressure - How to know when your blood pressure is too high - Causes, diagnosis and treatments - Symptoms - Natural solutions and remedies - Eating the right foods - The DASH eating plan And much more... Having high blood pressure can lead to many other conditions and can have a seriously negative impact on the way you live your life. With Blood Pressure Solution you can start to tackle your hypertension and begin to lead a normal, healthy lifestyle by employing just a few crucial lifestyle changes. It really is as simple as that! Get your copy of Blood Pressure Solution today and see what difference it can make to your life now!

働く人の養生訓 あなたの体と心を軽やかにする習慣

By: どんぐり
たとえ、疲れがとれない、気が渋いてこないすべての人へ。「なんとなくの不調」を抱える男女が殺到する新規予約・年待ちのカリスマ鍼灸師が伝える体と心を整える毎日の習慣。東洋医学の古典に書かれていた「健康で長生き幸せに暮らす方法」は、現代の病気予防、健康維持にも役立つ事柄が多い。本書は東洋医学をベースに、10年以上のキャリアをもつ著者が渾身の力をこめてまとめた「養生訓」の
Wanderlust

By: Jeff Krasno, Sarah Herrington & Nic

Like the wildly popular festivals that have taken the yoga world by storm, Wanderlust is a road map for the millions of people engaged in cultivating their best selves. For the 20 million people who grab their yoga mats in the United States every week, this book gives a completely unique way to understand "yoga"—not just as something to do in practice, but as a broader principle for living. Wanderlust helps readers navigate their personal path and find their own true north, curating principles that embody the brand and lifestyle—authentic yoga practices, provocative thinking, music, art, good food, eco-friendly activities, and more. Each chapter includes expert yoga instruction by renowned teachers; inspiring music playlists to motivate readers to practice; thought-provoking art; awesome recipes for delicious, healthy foods to sustain a yoga regimen; and fun, unexpected detours. This wide array of ideas and beautiful visuals is designed to be hyper-stimulating—whether a reader follows the arc of the book from beginning to end or dips into chapters at random, she is sure to find something pleasing to the eye, to feel motivated to practice, and to want to reach for her deepest desires and dreams. This book brings the Wanderlust festival experience into any reader's home.

The Big Book Of Essential Oil Recipes For Healing & Health

By: Mel Hawley

When it comes to alternative medical treatment, essential oils are indispensable for every home. They are natural, inexpensive and 100 effective for optimum healing and health. Synthetic substances contained in expensive drugs merely cover up symptoms but damage vital organs in the name of side effects. Essential oils are not like that. Proven to be 50 times stronger than herbs, essential oils heal at a cellular level, passing through the skin and straight into the circulatory system and cells to bring lasting healing and restoration without side effects. There are over 200 recipes in this big book to help you cure everyday ailments. From simple Coughs and Colds, headaches, fevers to pains, digestive problems and emotional issues, you will never have to spend lots of money on medications anymore. What’s more, there are also plenty of information on essential oils to help you benefit immensely from their diverse usage. As a matter of fact, everything you need to know about essential oil for healing and health can be found in this big book. It’s worth every penny!

OPHTHO-PLANER 2017

By: Dr. Reinhard Kaden Verlag


The Positive Breastfeeding Book

By: Amy Brown

How often does my baby really need to feed? How do I know my baby is getting enough? Is it normal for my baby to wake at night? When you're expecting a new baby, suddenly everyone around you becomes an expert—particularly when it comes to how to feed them. It is easy to become
overwhelmed by conflicting advice, myths and exaggerated stories. The Positive Breastfeeding Book cuts through the anecdotes, giving you clear, no-judgement, non-preachy, evidence-based information to help you make the right decisions for you and your baby. It will... help you understand how breastfeeding works give you tips for planning for your baby's arrival help you cope with those early months support you to make sure that whilst you're looking after the baby, you're getting taken care of too point you to how to seek help if challenges come up guide you through feeding in public, going back to work, and even rediscovering a glass of wine You'll find plenty of real stories and guidance throughout from mothers and experts in supporting breastfeeding. There are handy chapters on formula and mixed feeding, which cut through advertising spiel and give you the facts you need to choose and use formula safely. The Positive Breastfeeding Book doesn't promise to make it easy, nor will it get up in the middle of the night for you, but it will empower you with the knowledge and encouragement you need to feed your baby with confidence.

**Better, Buffer, Bigger**

By : **Anthony Baston**

So, you're trying build muscle, drop the belly, and look as good as you can as fast as you can, no steroids or “crazy genetics”, or wasting silly amounts of time in the gym and hours designing a fad diet...you should read this. This is why: Making gains and getting a six-pack is so much simpler than the fitness industry leads you to think, and you want to avoid losing your money to false claims! • You don't need to follow a different workout schedule every other week. Its way more straightforward than that. • You don't need to kill yourself with crazy amounts of sets in the gym, or use special techniques. • You don't need crazy amounts of cardio! You can get away with almost none! • You don't need the strictest diet that “nutrition coaches” will swear-by, and you don’t need to count your macros. This is just a handful of some of the lies that are pumped down your throat and prevent you from becoming ripped and strong, and achieving the body you so desire! In this book, you will get information that most regular gym-goers will never come to learn... The precise muscle making food and workout programming that make putting on 4 to 6 kilograms of A-grade muscle in the blink of an eye...and it only takes a few months. No scam, no BS, based on research from sports-scientists, this is the definitive key to muscle-building naturally. Better, Buffer, Bigger gives you things like... • The mistakes that result in leaving guys small, loss of strength, frustration. • How to the belly and make the gains whilst following a food plan that doesn’t leave you aggravated, feeling tired or constantly hungry. • TWO all-in-one strength and hypertrophy routines that will give you POWER and a wide, strong chest, thick, tapered back, bulging arms and tree-trunk legs. • How to master yourself and develop the discipline you need to achieve your goal, working from what it takes to get the most out of each individual set, to how to win the long game. • The small tips that make such a difference, not only to size, but also preventing injury, imbalances and further links to resources to learn from. Imagine...in no more than 3 months from now...continually praise on how great you’re looking and asked how on Earth you’re doing it!! Imagine making the most of the extra gains of higher energy, no aches and pains, higher spirits, and the knowledge that you're getting healthier every day...as well as Better, Buffer and Bigger!! The fact of the matter is you WILL get that “Superhero” body without having your life revolve around it. Scroll up, click the "Buy" button now, and begin your journey to a bigger, leaner, and stronger you!