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A Startling Medical Discovery

FACTOR

Reversing and Preventing
High Blood Pressure
without Drugs

Richard D. Moore, M.D., Ph.D.
and George D. Webb, Ph.D.

The K Factor Reversing And Preventing High Blood Pressure Without Drugs

Prevention Magazine



The K Factor Reversing And Preventing High Blood Pressure Without Drugs:

The K Factor Richard Moore, George D. Webb, 1987-07-01 Details a new approach to preventing and curing hypertension that consists of a program of nutrition weight control and exercise **The High Blood Pressure Solution** Richard D. Moore, 2001-05-01 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 **The Magnesium Factor** Mildred Seelig, 2003-08-25 This important book brings to light an often overlooked but central factor in some of the most prevalent and serious disorders that affect Americans today magnesium deficiency Written by a medical doctor and researcher who is considered to be the world s leading expert on the actions and uses of this vital mineral The Magnesium Factor explains how magnesium deficiencies develop why they are so widespread and how they translate into metabolic disruptions that ultimately threaten the health of virtually every bodily system The author then details how to determine whether you have or are at risk for this problem and what you can do about it Backed by the latest scientific research yet written in a clear accessible style here is the authoritative source for information on a topic of critical interest for all health conscious individuals *The K Factor* Richard Moore (M.D., Ph.D.), 1986 Discusses the importance of the balance between potassium and sodium in the body the K factor with regard to hypertension Covers different methods of treatment for hypertension including drugs Directed toward those with essential hypertension their physicians and their families **Your Daily Exercise At Home** Anil Barve, *Your Daily Exercise At Home* prasanna keskar Shabdanjali Prakashan [Health Related Cookbooks](#) Tian-Chu Shih, 1991 Will assist in researching cookbooks designed for those with specific diseases or disorders as well as for special diets for general health extremely comprehensive CHOICE a good addition to public libraries

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