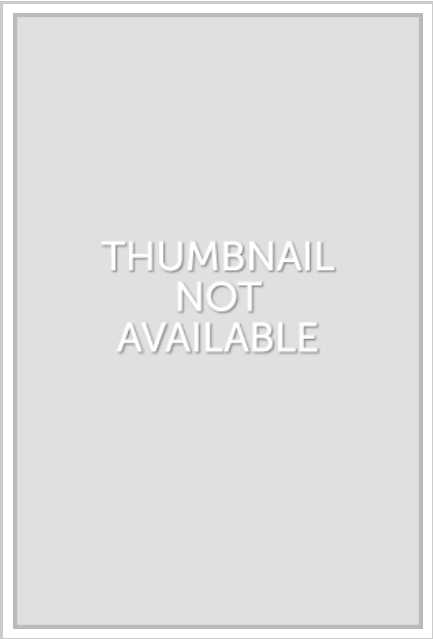



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# How to Lower Your Blood Pressure

By Christine Craggs-Hinton

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, How to Lower Your Blood Pressure, Christine Craggs-Hinton, Contrary to popular belief, high blood pressure is not an inevitable consequence of getting older, but is usually a result of a few lifestyle factors. There is sometimes a genetic component too, which means it can run in the family. In the UK, around 50 per cent of people over 65 have it, and some 70 per cent of those in their 70s. These figures are truly staggering when you consider that this condition is one of the most preventable causes of death in the developed world. This book looks at how you can lower your blood pressure by making simple changes to your life, often in combination with prescribed medication, so reducing associated risks such as heart disease, stroke, kidney disease or impaired vision. Topics include; the dangers of high blood pressure, the importance of exercise and how to choose an exercise regime, food and nutrition, maintaining a healthy weight and reducing obesity, quitting smoking, managing stress, medication, complementary remedies, women and high blood pressure. In this comprehensive guide, Christine Craggs-Hinton says that, while it is vital to see your doctor about your...

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