



# Overcoming Hypertension (Dr. Kenneth H. Cooper's Preventive Medicine Program)

*Kenneth H. Cooper*

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Like a time bomb ticking away, hypertension builds quietly, gradually, placing unbearable strain on the body until it explodes--in heart attack, stroke, kidney failure, arterial disease, even death. But the disease does not have to progress that way. Here, in the third volume of the highly acclaimed *Preventive Medicine Program*, Dr. Kenneth H. Cooper, one of the nation's foremost experts in the field of preventive medicine, presents a medically sound, reassuringly simple program that help you lower your blood pressure--and keep it down, often without drugs. *Overcoming Hypertension* gives you:

--The latest facts on how cholesterol, cigarette smoking, obesity, and stress affect coronary risk levels.

--Your high blood pressure risk profile, with newly devised charts for men and women.

--A complete fitness program that lets you choose the sport that works for you. Plus a unique illustrated guide to aqua-aerobics.

--Tips on talking to your doctor that will help you become an active participant in your own recovery.

--A guide to anti-hypertensive drugs--the most up-to-date list of medications, their recommended daily doses, and ways to minimize side effects.

--Three distinct dietary programs, complete with menus, recipes, nutritional charts, healthy cooking tips, and much more.

--Take charge of your health and well-being with *Overcoming Hypertension*.

*From the Paperback edition.*

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personal teacher or lecturer. You get good news or update about something by book. Amount types of books that can you go onto be your object. One of them is niagra Overcoming Hypertension (Dr. Kenneth H. Cooper's Preventive Medicine Program).

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