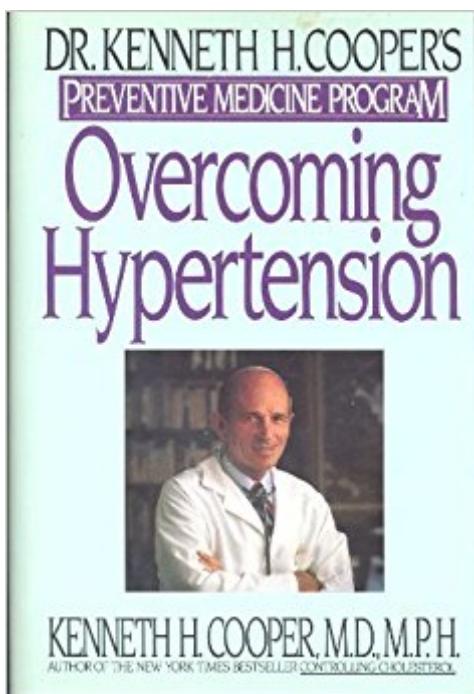


The book was found

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



## Synopsis

Like a time bomb ticking away, hypertensionÂ Â builds quietly, gradually, placing unbearable strain onÂ Â the body until it explodes--in heart attack,Â Â stroke, kidney failure, arterial disease, even death.Â Â But the disease does not have to progress thatÂ Â way. Here, in the third volume of the highlyÂ Â acclaimed Preventive Medicine Program,Â Â Dr. Kenneth H. Cooper, one of the nations foremostÂ Â experts in the field of preventive medicine,Â Â presents a medically sound, reassuringly simple programÂ Â that help you lower you blood pressure--and keepÂ Â it down, often without drugs. OvercomingÂ Â Hypertension givesÂ Â you:--The latest facts on how cholesterol, cigaretteÂ Â smoking, obesity, and stress affect coronary riskÂ Â levels.--Your high blood pressureÂ Â risk profile, with newly devised charts for menÂ Â and women.--A complete fitnessÂ Â program that lets you choose the sport that works forÂ Â you. Plus a unique illustrated guide toÂ Â aqua-aerobics.--Tips on talking to yourÂ Â doctor that will help you become an activeÂ Â participant in your own recovery.--AÂ Â guide to anti-hypertensive drugs--the most up-to-dateÂ Â list of medications, their recommended dailyÂ Â doses, and ways to minimize sideÂ Â effects.--Three distinct dietary programs, complete withÂ Â menus, recipes, nutritional charts, healthy cookingÂ Â tips, and much more.--TakeÂ Â charge of your health and well-being withÂ Â OvercomingÂ Â Hypertension. From the Paperback edition.

## Book Information

Hardcover: 399 pages

Publisher: Bantam (February 1, 1990)

Language: English

ISBN-10: 055305743X

ISBN-13: 978-0553057430

Product Dimensions: 6.4 x 1.4 x 9.4 inches

Shipping Weight: 2 pounds

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #2,083,866 in Books (See Top 100 in Books) #92 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure

## Customer Reviews

"Every hypertensive person would benefit fromÂ Â having this book to refer to understanding theirÂ Â problem and learning how to effectively deal with it.Â Â Physicians would do well to recommend to theirÂ Â hypertensive patients to facilitate their medicalÂ Â management."--William

B. Kannel, M.D., M.PH., A professor of medicine and public health, Section of Preventive Medicine and Epidemiology, Boston University School of Medicine. From the Paperback edition.

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 nations foremost experts in the field of preventive medicine, presents a medically sound, reassuringly simple program that help you lower you 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."Every hypertensive person would benefit from having this book to refer to understanding their problem and learning how to effectively deal with it. Physicians would do well to recommend to their hypertensive patients to facilitate their medical management."--William B. Kannel, M.D., M.PH., professor of medicine and public health, Section of Preventive Medicine and Epidemiology, Boston University School of Medicine. --This text refers to an out of print or unavailable edition of this title.

Books by Dr Kenneth Cooper have been a tremendous source of guidance for me for over 30 years. When I first started being affected by the stress side effects of working too hard and too long in the 70's I started exercising. At the time jogging/running was becoming quite popular, so I took that up. I like to read so I read the Jim Fixx book on running which led me to Dr Cooper's book "Aerobics" (a term he coined), then to "Aerobics Program for total Well Being...", which became sort of a bible for a long time. After retirement I quit smoking and started going to a doctor. Found to be out of shape - again - I looked up Dr Cooper and saw his book "Start Strong, Finish Strong" which I absorbed like a sponge dropped in a bucket of water. Joined a gym and started the prescription of 55% aerobics, 45% strength and have never felt better. Now I've got one doctor trying to tie me down to hypertension drugs. That diagnosis was contrary to my own readings, so I'm in the middle

of a complete cardio workup. (The initial stress test results were great, waiting for the in depth analysis.) When I saw this book it was a gotta have. In this book Dr. Cooper very thoughtfully presents all factors in a very helpful manner with a goal of controlling blood pressure without medications, but points out factors that could make them necessary. After my first reading I feel like I can more intelligently discuss the stress test results with my cardiologist, then better deal with my general physician. I would highly, strongly recommend this book for any person who has had a too high blood pressure reading.

I think is a great book as tool for fighting against hypertension. The theoretical ax plantations are easily explained, and the advises are clear and fast application

Like millions of American men, I have been diagnosed with hypertension--high blood pressure. Well, I'm not one to take things lying down, so I set out to find a good book on the subject, and this is the book that I found. Dr. Kenneth H. Cooper is one of America's leading experts on preventative medicine, and this book is an absolute wonder! Dr. Cooper begins the book by explaining what hypertension is and how it works, explaining everything about high blood pressure, including what the measurements (systolic and diastolic) actually mean. After that, he explains how the condition is treated, and what steps you can take, including exercise and diet. Overall, I found this to be a great book. The author has an excellent way of unfolding the subject in a clear and easy-to-understand manner. I now understand so much more that I did just from talking to my doctor. So, let me just say that I love this book, and highly recommend it to anyone and EVERYONE who has been diagnosed with hypertension. This is the book to get!

[Download to continue reading...](#)

Overcoming Hypertension: Dr. Kenneth H. Cooper's Preventive Medicine Program Jekel's Epidemiology, Biostatistics, Preventive Medicine, and Public Health: With STUDENT CONSULT Online Access, 4e (Jekel's Epidemiology, Biostatistics, Preventive Medicine, Public Health) Maxey-Rosenau-Last Public Health and Preventive Medicine: Fifteenth Edition (Public Health and Preventive Medicine (Maxcy-Rosenau)) Program 120 Female Handbook B: Guide to Prevention of Stroke, Heart Attack, Lung Cancer, Breast Cancer, Diabetes, Hypertension, Infertility, Thyroid, Arthritis, ... Preventive Medicine Patient for Females) Primary Preventive Dentistry (8th Edition) (Primary Preventive Dentistry ( Harris)) Primary Preventive Dentistry (Primary Preventive Dentistry ( Harris)) Mini Cooper, Cooper S, Clubman & Clubman S 2002-2011 Repair Manual (Haynes Repair Manual) El sueño de Tiny Cooper / Hold Me Closer: The Tiny Cooper Story (Spanish Edition)

Lifestyle Medicine, Third Edition: Lifestyle, the Environment and Preventive Medicine in Health and Disease The DASH Diet - Dietary Approaches to Stop Hypertension - A brilliant diet to stay healthy, lose weight, and beat Diabetes!: The Essential Guide to the ... Type 2 Diabetes, DASH, Hypertension) Hypertension and Organ Damage: A Case-Based Guide to Management (Practical Case Studies in Hypertension Management) Clinical Pharmacology and Therapeutics of Hypertension: Handbook of Hypertension Series, 1e Duncan and Prasse's Veterinary Laboratory Medicine: Clinical Pathology by Kenneth S. Latimer (July 11 2011) Program 120 Male Handbook B: A Referenced Guide to Testosterone, Thyroid, HGH Human Growth Hormone, High Blood Pressure, Hypertension, Impotence, Osteoporosis, ... Medicine Patient Handbooks for Males) High Blood Pressure and Chronic Hypertension Treatment with Nutrition, Integrative Medicine, and Functional Medicine Rose's Strategy of Preventive Medicine Public Health and Preventive Medicine in Canada, 5e Statistical Methods in Clinical and Preventive Medicine Textbook of Preventive Veterinary Medicine and Epidemiology The Strategy of Preventive Medicine (Oxford Medical Publications)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)