



## Harvard Medical School Guide to Lowering Your Blood Pressure

By Aggie Casey, Herbert Benson

McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, Harvard Medical School Guide to Lowering Your Blood Pressure, Aggie Casey, Herbert Benson, An innovative approach to lowering blood pressure that builds on the national bestseller *The Relaxation Response* For the 100 million people worldwide dealing with high blood pressure, bestselling author Dr. Herbert Benson and cardiac wellness expert Aggie Casey have created a proven plan for lowering blood pressure Based on the groundbreaking work done at the Mind/Body Medical Institute, the authors' program goes beyond advice about nutrition and exercise to incorporate a proven stress-management program—including the relaxation response. Key features Easy-to-follow diet and nutrition guidelines Directives for heart-healthy exercise Proven relaxation techniques for managing stress and improving cardiovascular health Expert advice on how to talk to your doctor about your blood pressure The low-down on blood pressure lowering drugs and their side effects Tips on how to create a personalized program that's just right for you.



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