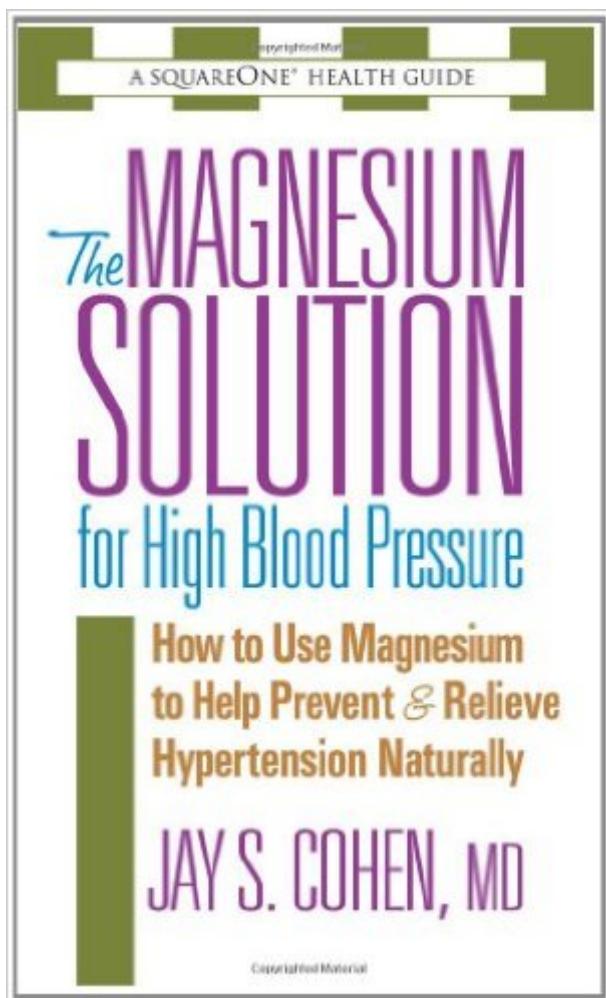


The book was found

# The Magnesium Solution For High Blood Pressure (The Square One Health Guides)



## **Synopsis**

Written by health professionals who are well recognized in their respective fields, these concise, easy-to-read books focus on a wide range of important health concerns. From migraine headaches to high cholesterol, each title looks at a specific problem; each provides a clear explanation of the disorder, its causes, and its symptoms; and each offers natural solutions that can either greatly reduce or completely eliminate the problem. Some titles also focus on natural alternatives to drugs with serious side effects•alternatives that in many cases can be used in conjunction with prescription medications. This growing series of titles can be counted on to provide safe and sensible solutions to all-too-common health problems.Â

## **Book Information**

Series: The Square One Health Guides

Mass Market Paperback: 96 pages

Publisher: Square One (May 1, 2004)

Language: English

ISBN-10: 0757002552

ISBN-13: 978-0757002557

Product Dimensions: 4.1 x 0.2 x 6.9 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (134 customer reviews)

Best Sellers Rank: #38,320 in Books (See Top 100 in Books) #11 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure #37 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #102 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies

## **Customer Reviews**

This useful little book is in the same series as one I reviewed earlier (The Magnesium Solution for Migraine Sufferers).High blood pressure accounts for more trips to the doctor than any other condition. Almost always, patients are put on prescription drugs. As Dr. Peter Galgut said so eloquently on [...] ALL drugs have side-effects. [This is no small matter: side effects to prescription drugs in hospital are the 4th leading cause of death in the United States, according to Lazarou in JAMA. 1998 Apr 15;279(15):1200-5.]Moreover, doctors do not like to admit that, using drugs to lower blood pressure, does not reduce your risk of cardio-vascular disease to the same extent of someone who has the lower level naturally. In other words, drugs are dealing with the symptoms not

the cause.Dr. Cohen looks at one probable underlying cause of high blood pressure -- magnesium deficiency. He describes how up to 75% of Americans are deficient in this mineral and as a consequence are sick in many ways. Doctors are widely ignorant about magnesium and tend to think of drugs as first resort rather than last.Dr. Cohen explains how magnesium is an essential micronutrient in maintaining suppleness in the walls of blood vessels. In magnesium deficiency, the vessels become stiffer and so do not absorb the blood pressure surges properly.Dr. Cohen reviews many of the other lifestyle factors that are responsible for high blood pressure. These include obesity, lack of exercise, low fiber intake, salt, alcohol and smoking. However, even correcting these matters (particularly in black Americans) is not very effective; magnesium must be corrected too.Dr. Cohen does not claim that fixing magnesium deficiency will "cure" high blood pressure.

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

High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI) The Magnesium Solution for High Blood Pressure (The Square One Health Guides) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Blood Pressure Box set: Blood Pressure Solution - How To Lower Your Blood Pressure & Cholesterol Without Medication, Just By Using Natural Remedies and Diet! Pressure Cooker: Mouthwatering Pressure Cooker Recipes - Granny's Pick Size L Recipes Collections(Pressure Cooking,Pressure Cooker Books,Pressure Cooker Recipe Book, Pressure Cooker Dump Dinner) Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating) Blood Pressure Solution: How To Prevent And Manage High Blood Pressure Using Natural Remedies Without Medication High Blood Pressure Solution: Simple Lifestyle Changes to Lower Blood Pressure Naturally and Prevent Heart Disease Pressure Cooker Cookbook: 3 In 1 Box Set - 310 Mouth-Watering and Healthy Pressure Cooker Recipes for Stove Top and Electric Pressure Cookers (Pressure Cooker, Pressure Cooker Recipes) High Blood Pressure Explained: Natural, Effective, Drug-Free Treatment for the "Silent Killer": (Blood Pressure, Hypertension, Heart Health, Naturopathy, Natural Remedies) Magnesium: Transform Your Life With The Power Of The Magnesium Miracle Cardiovascular Disease: Fight it with the Blood Type Diet: The Individualized Plan for Treating Heart Conditions, High Blood Pressure, High ... (Eat Right 4 (for) Your Type Health Library) High Blood Pressure Cure & Aging

Well Box Set: How to Lower Blood Pressure Naturally and Make the Best of Your Golden Years  
Cooking Under Pressure -The Ultimate Electric Pressure Recipe Cookbook and Guide for Electric Pressure Cookers.: New 2016 Edition - Now Contains 250 Electric Pressure Cooker Recipes.  
Pressure Cooker Cookbook: 370 Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals (Pressure Cooker, Eletrc Pressure Cooker Cookbook) PRESSURE COOKER: The Ultimate Cookbook for Easy and Delicious Recipes (Pressure cooker cookbook, pressure cooking, easy meals, soups, electric pressure cooking) 500 High Fiber Recipes: Fight Diabetes, High Cholesterol, High Blood Pressure, and Irritable Bowel Syndrome with Delicious Meals That Fill You Up and Help You Shed Pounds! Square Foot Gardening High-Value Veggies: Homegrown Produce Ranked by Value (All New Square Foot Gardening) Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks--Without Prescription Drugs

[Dmca](#)