



Your Blood

Victor M. Corman



Your Blood:

Lower Your Blood Pressure Naturally Editors of Prevention, Sari Harrar, 2014-07-01 We are in the midst of a blood pressure crisis. Nearly 70 million Americans have been diagnosed with hypertension and just 56 percent of them have it under control. Another 51 million, 30 percent of the population, have prehypertension. Hypertension is responsible for 69 percent of first heart attacks and 77 percent of first strokes. But there is good news: High blood pressure is very responsive to lifestyle changes. And the more changes you make, the greater your results. Lower Your Blood Pressure Naturally by Sari Harrar provides readers with a comprehensive lifestyle plan. Readers will follow the Power Mineral Diet, which centers on 13 delicious, powerful blood pressure lowering foods, along with an easy, doable exercise program that combines the proven effectiveness of cardio strength training and yoga on blood pressure. Not only do these methods help lower blood pressure on their own, they promote fast, sustainable weight loss, which has an independent blood pressure lowering effect. With daily meal plans, flavorful, versatile spice blends, 50 recipes, plus Power Mineral smoothies and desserts, the plan proves that a heart healthy diet need not be bland or boring. Lower Your Blood Pressure Naturally offers one of the easiest and most effective ways to conquer hypertension yet.

What's in Your Blood and Why You Should Care Earl Mindell, Gene Bruno, 2019-02-11 Like most people, you probably get a blood test and keep your fingers crossed until the results come back. But while these tests focus on key components of your blood, they provide only a limited view of what's going on in your body. Blood tests don't tell you about heavy metals or unwanted pathogens that may be coursing through your body. They don't tell you how strong your immune system is or whether your cells are getting the nutrients they need. Only when something goes very wrong and has possibly been going wrong for years do your blood tests indicate a problem. What's in Your Blood and Why You Should Care is the first book to provide a complete picture of the components that make up your blood, how your blood functions, and what you can do to improve the quality of your blood for greater health and longevity. Consider this analogy: Your arteries, veins, and capillaries are underground tunnels. Your blood is a long train that runs through thousands of these tunnels. Every second, thousands of passengers climb aboard the train, and thousands get off at their designated stops. This train has one specific purpose: To sustain a single life, yours. What happens if the train slows down or speeds up? What happens if some passengers are dangerous characters who rob or kill other riders? What happens if some passengers miss their stops? When this occurs, you get sick or worse. By understanding what is truly going on in your body, you will know how you can keep the train working properly and maintain the safety of its most important passengers. Written in easy-to-understand language, What's in Your Blood and Why You Should Care tells you everything you need to know about your blood and instructs you in proven methods of cleansing and detoxifying your bloodstream. From diets to supplements to medical treatments, it's all there in this groundbreaking book.

Detox Diets For Dummies Gerald Don Wootan, Matthew Brittain Phillips, 2010-02-22 Detox Diets For Dummies is your guide to making informed choices about cleansing your body and mind safely and conveniently.

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Established Populations for Epidemiologic Studies of the Elderly ,1986 Commissioned Corps Bulletin United States. Public Health Service. Commissioned Corps,1999 *Natural Health* Paul Wartena,2026-03-17 Natural Health is a book that describes health as part of the whole A totality of heredity population traits plants animals geography environment culture religion and spiritual traditions history and society Additionally there is a table containing exceptional information regarding the heredity of humans and animals and their similarities There is also information on herbs from around the world mentioning all plants from the World Health Organization monographs as well as various herbal mixtures from Traditional Chinese Medicine However the author is primarily concerned with the effectiveness of the remedies and methods while critical of conventional treatment he is not dogmatic Some of the most common physical diseases and mental disorders are discussed However there are many reasons to choose a natural method firstly conventional healthcare is unaffordable for more than half of the world s population secondly conventional remedies often have more serious side effects and thirdly there is not yet a good conventional treatment for certain diseases and disorders Furthermore the book contains not only a description of the most common physical illnesses and their natural cures but also the most important psychiatric disorders along with the various psychotherapies Moreover this is approached in an unorthodox manner **Our Home** ,1873

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