



The Blood Pressure Book: How to Get It Down and Keep It Down

Stephen P. Fortmann MD, Prudence E. Breitrose

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Now in its third edition, this basic work explains the latest data on the effects of medication, diet, and exercise on blood pressure. It defines the essential terminology (such as diastolic and systolic), emphasizes stress reduction techniques, and offers science-based insight into the causes and control of this widespread condition.

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