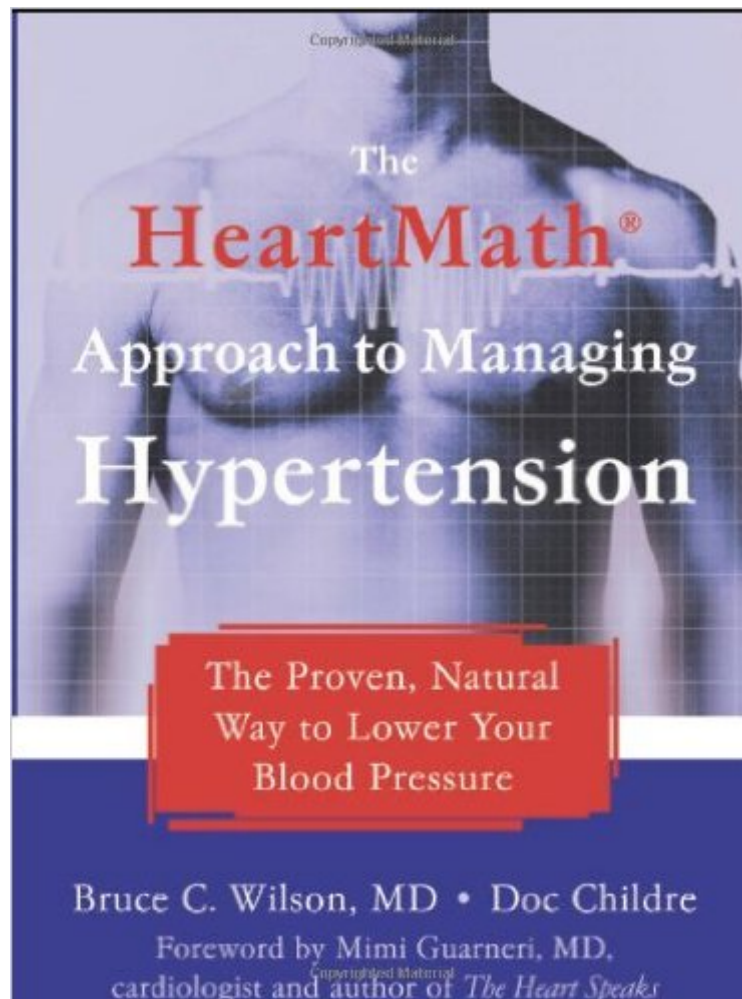


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# The HeartMath Approach To Managing Hypertension: The Proven, Natural Way To Lower Your Blood Pressure



## Synopsis

A Powerful, Drug-Free Approach to High Blood Pressure High blood pressure is a national epidemic. It's a condition that affects one in four Americans, most of whom have no idea they are at higher risk for heart disease, stroke, and other life-threatening problems. Conventional treatments for hypertension involve drugs, and these can have considerable side effects and may not ultimately succeed in getting those numbers down. Fortunately, the Institute of HeartMath has researched techniques for managing stress and hypertension for more than fifteen years. Now, at last, their highly effective strategies for regulating blood pressure safely and effectively are available to you. Using a series of unique techniques like the Freeze-Frame Â® and the Heart Lock-In Â®, this book will help you literally regulate your blood pressure at the source-the heart level-and reduce the stress that causes high blood pressure. In as little as ninety days, you can 'reset' your baroreceptor systems and lower your blood pressure. The approach is drug-free, safe, effective, and clinically validated.

## Book Information

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## Customer Reviews

...written in an understandable and interesting style, this book explains breathwork in a modern way with modern research. I was recommended the HeartMath technique by my dentist to reduce my parasympathetic response so my major dentalwork would heal better. HeartMath techniques effect the whole body and offer those who suffer from staying in their "flight or fight" nervous system a way to easily access their "feed and breed" one more often.

All the key medical facts, advice, and explanation in a lucid and non-technical language is provided in this excellent book. This is "a-must-read" book for everyone, who wants to get educated on blood pressure or heart-related medical conditions. Thanks to this great author.

this book presents some interesting concepts in a well written manner. It is a good primer for someone looking to make some practical lifestyle changes to deal with hypertension. It also gives pause for thought on how we deal with the stresses and joys in our daily lives. A good, quick read.

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