



# The Hypertension Sourcebook

*Mary P. McGowan, Jo McGowan-Chopra*

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Recent surveys suggest that 30 million Americans suffer from hypertension (high blood pressure). In *The Hypertension Sourcebook*, a leading expert offers simple steps toward curing this highly destructive disease or avoiding it altogether. Also featured is a comprehensive evaluation of the latest blood pressure medications, home monitors, and a foolproof plan for giving up smoking.

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