



Overcoming High Blood Pressure: The Complete Complementary Health Program (Natural Health Guru)

Dr. Sarah Brewer

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High blood pressure is one of today's most serious health problems, and a leading cause of heart attacks and strokes. Fortunately, there are many effective homeopathic approaches to controlling the disease, and this enlightening volume in the new *Overcoming* series lays them all out. Dr. Sarah Brewer, a foremost practitioner of holistic medicine, explains exactly what hypertension is, what complications can arise, and how it's diagnosed, screened, and treated. Most important, she goes through a wide range of complementary remedies, explaining them in reassuring, easy-to-follow detail. They include everything from acupuncture, yoga, and meditation to nutritional and lifestyle changes. A questionnaire helps sufferers pinpoint what's right for them, and choose one of Dr. Brewer's three programs—which feature exercise suggestions and recipes for every meal.

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