



The Blood Pressure Cure: 8 Weeks to Lower Blood Pressure without Prescription Drugs

Robert E. Kowalski

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Robert Kowalski, the bestselling author of *The 8-Week Cholesterol Cure*, presents a clinically proven program that draws on the very latest research on high blood pressure causes, development, and treatment. With the most up-to-date information on herbs, supplements, diet, physical activity, and more, this commonsense, easy-to-follow program can help you lower your blood pressure so that you can decrease your risk of heart attack and stroke—and increase your chances of living a long and healthy life.

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