



High Blood Pressure Special Diet Cookbook: Delicious Low-Salt Recipes That Are Calorie Controlled for Weight Reduction (Special Diet Cookbooks)

Maggie Pannell

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This cookery book is not only aimed at people with high blood pressure or hypertension. It is a recipe book for anyone who cares about what they eat and the preventative diet measures that they can take to look after their health. The author analyzes some of the causes of high blood pressure and suggests a number of ways to alleviate the condition, from taking more exercise, losing weight and giving up smoking, to specific diet controls. The recipes in the book encourage healthy eating habits for the whole family as well as helping to control high blood pressure in sufferers.

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