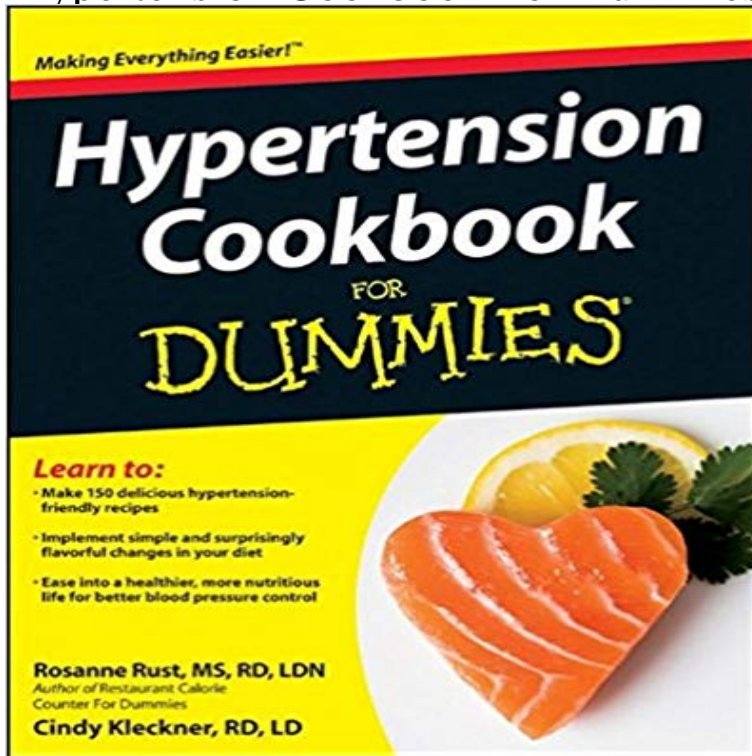


Hypertension Cookbook For Dummies



Beat hypertension with simple and delicious low-sodium recipes. Hypertension Cookbook For Dummies features 150 delicious and simple low sodium and low or non-fat recipes that avoid pre-packaged and processed food while remaining economical and easy to prepare. You'll get recipes for making delicious breakfast, lunch, dinner, easy on-the-go, and kid friendly recipes to suit any lifestyle, complemented by a full-color, 8-page insert exhibiting many of the book's recipes. Twenty-five percent of American adults have pre-hypertension blood pressure numbers that are higher than normal, but not yet in the high blood pressure range. The recipes presented in Hypertension Cookbook For Dummies are not only for those currently diagnosed with high blood pressure, but those who are at risk. 150 recipes that cover breakfast, lunch, dinner, and on-the-go meals. Delicious meals for those who are at risk of high blood pressure. Special considerations for on-the-go and kid-friendly meals. Hypertension Cookbook For Dummies shows you how to take charge of your blood pressure by making simple and surprisingly delicious changes to your diet.

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