High Blood Pressure is a **Silent Killer**.

Control Blood Pressure the Natural Way, in 4 weeks, Without Prescription Drugs.
High Blood Pressure

1 in 3 Americans has this condition: 
Hypertension

Making this a public health epidemic of great magnitude.
High Blood Pressure

Every 39 seconds, we lose another American to a fatal heart attack or stroke.
‘The Silent Killer’

High blood pressure is also known as “the silent killer” because it is a largely symptomless disease.

What makes high blood pressure so insidious?
You can't see or feel it
* If left untreated
* It will kill you
Largest Risk

Yet, despite the fact that the largest risk factor for cardiovascular death – high blood pressure – is both reversible and preventable, 78 million adult Americans continue to suffer from this life-threatening condition.
Another 2 million will be diagnosed over the next year.
The Most Potent Combination

"There is no medicine more powerful or supplement more effective in promoting health and longevity than the combination of good nutrition with daily exercise."

~ Janet Bond Brill
Ph D, RD, LDN
The Good News

Lifestyle changes can be just as effective as prescription drugs in reversing and preventing hypertension.
The Good News

The government-endorsed Dietary Approaches to Stop Hypertension (DASH) diet was rated the #1 Best Diet Overall by the U.S. News & World Report. Drugs alone will not solve the problem.
“Dr. Brill has created a scientifically rigorous, engaging, and practical guide to lowering your blood pressure through specific dietary, physical activity, and weight loss interventions.”

~ Emil M. DeGoma, MD, University of Pennsylvania
Dr Janet Bond Brill

Nutrition & Fitness Expert | Writer | Speaker | Media Spokesperson | Nutrition Consultant | Educator

Dr Janet is a nationally recognized expert in the field of health, wellness and cardiovascular disease prevention.

She is frequently sought after by the media as a trusted source of nutrition and fitness information.
The Blood Pressure Down plan is thorough, easy, practical and accessible.

It includes:

✓ Convenient **Checklists**
✓ Charts
✓ Meal Plans
✓ Over **50 delicious** heart-healthy recipes
What Will I Learn

Establishing a Process
Unique plan to harness the power of lifestyle changes

Gaining Assurance
High blood pressure is both reversible and preventable.
Learn how to Reverse and Prevent your high BP.
What Will I Learn

High BP Risks
How BP is the largest risk factor for cardiovascular death, and how you can minimize the risks.

Easy Steps For a Healthy Lifestyle
How you can adopt the DASH diet, blood pressure power foods like bananas, yogurt, soy, and dark chocolate, as well as exercise and stress reduction.
What Will I Learn

Simple, Easy to Understand Instructions

This solid researched program helps you go through the steps with convenient checklists, charts, meal plans.
What Will I Learn

50 delicious recipes that make incorporating each step into a heart-healthy lifestyle:
- Easy
- Practical
- Never Overwhelming
"A simple, holistic and achievable 10 step plan that is highly effective in reaching the ideal blood pressure in 4 weeks. Maintaining optimal blood pressure is critical in preventing heart disease and stroke."

~ Jennifer H Mieres, MD, FACC, FASNC, FAHA
Professor of Cardiology & Population Health
Hofstra North Shore, LIJ School of Medicine
“This book is so comprehensive – it gives guidance on how to monitor one's blood pressure at home, reminds people about stroke symptoms, what type of exercise works best and of course the foods that can lower blood pressure.”

~ Annabelle S. Volgman, MD, FACC
Professor of Medicine, Rush College of Medicine
Medical Director, Rush Heart Center for Women
“Dr. Janet thoroughly explains high blood pressure and does it in a way we can all understand... Since this book arrived, I go back to the lists when making my grocery shopping list.

I feel inspired to buy more foods rich in potassium, calcium, and magnesium and eliminate the higher sodium junk that can creep into my diet.

I honestly love the way I feel when I eat better and it really does help you shed those unwanted pounds.”

~ Jane
“Yet, Janet Bond Brill makes everything beautifully clear. When I read her books, I always find myself wishing she’d taught my biology classes.

She puts **everything “within reach”** of her readers, which is wonderful of her considering this is life and death information...This book presents a DOABLE action plan. You’re given 10 clear steps that you can begin implementing the very day you open the book.

**Blood Pressure Down book is for ANYONE,** whether you have high blood pressure now, have a family history of high blood pressure, love someone who has high blood pressure, or simply want to eat healthy as a preventive step.”

~Joi
“The Ten Step program is so obvious is brilliant. The way Brill lays it out makes each step not only easy to follow, but also hard to resist.”

~ Charlene Giannetti
I don’t care about the sales figures for the book.

All I am concerned about is to ensure that as many people as possible, who are facing the problem of high BP, can make their life better by reading this book.

Prove to me you read the book and get the purchase price of the book FULLY REFUNDED.

Here’s how you do this...
How Do I Prove?

Simply follow these 2 steps:

1. Send me a copy of the e-receipt or a scanned copy of the print receipt to bpdown@drjanet.com
How Do I Prove?

2

Choose any 1 of the 3 options below to send together with the receipt:

- **Review**: Write an honest review on Amazon or GoodReads or your blog
- **Photo**: Take a photograph of yourself reading the book
- **Questions**: Send me an email asking me questions that show you’ve read the book
Get Your Money Back

Once you prove to me you read the book, I will refund the entire purchase price.

All that I want is YOU TO BENEFIT from reading this book.
• Download the Chapter Blood Pressure Down: A Potent Natural Combination Therapy.

• Learn simple steps to lead a healthy lifestyle and get your blood pressure under control.
Buckwheat flour adds a hearty flavor to these pancakes with a ripe banana mixed into the batter.

Jason’s Buckwheat Banana Pancakes

Buckwheat flour adds a hearty flavor to these pancakes with a ripe banana mixed into the batter.

Click Here for the Whole Recipe
Roasted salmon fillets are a simple way to cook salmon and other fatty flesh fish.

Janet’s Easy Roasted Salmon

Roasted salmon fillets are a simple way to cook salmon and other fatty flesh fish.

Click Here for the Whole Recipe
One pound of fresh spinach sounds like a lot, but it cooks down to a manageable amount!

Sautéed Spinach with Raisins and Pistachios

One pound of fresh spinach sounds like a lot, but it cooks down to a manageable amount!

Click Here for the Whole Recipe
Soy Nut and Apricot Trail Mix

This nutty, potassium-rich snack is quick to mix.

Click Here for the Whole Recipe