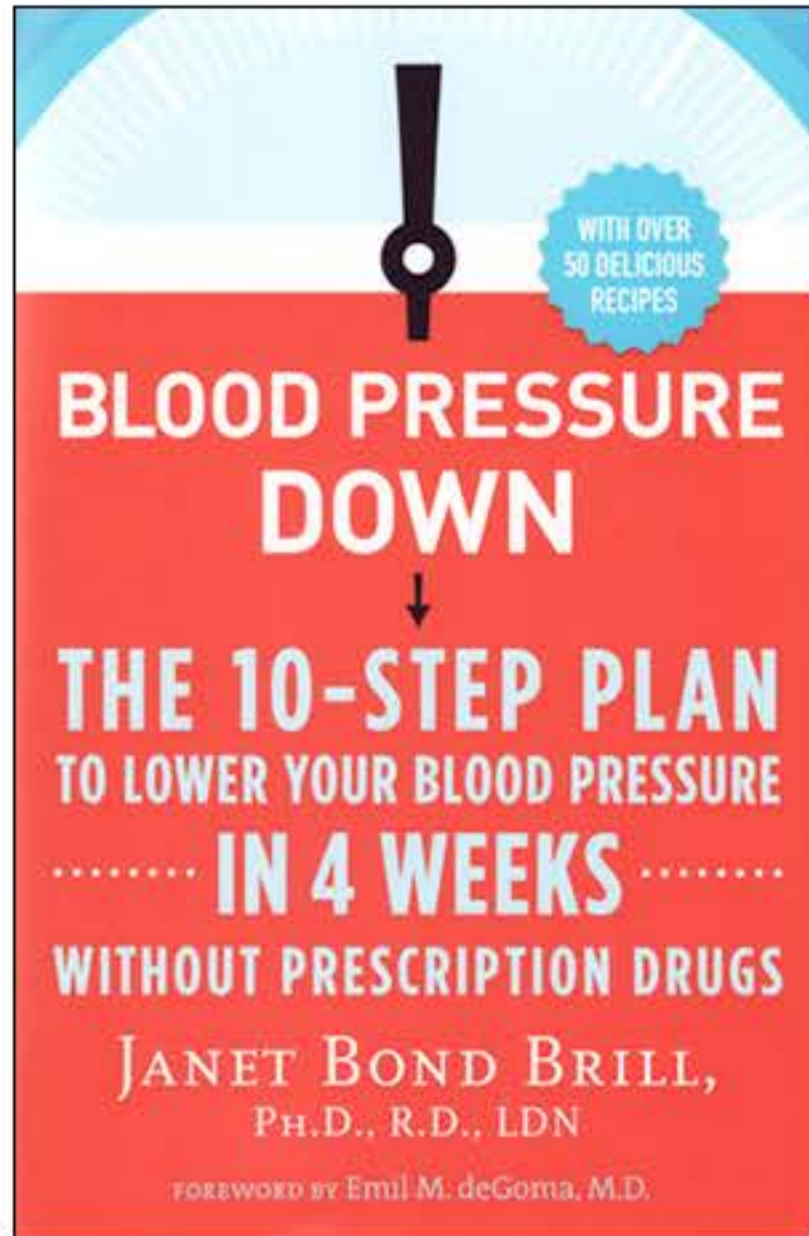




Reviews

RIGHTING HYPERTENSION



Blood Pressure Down

By Janet Bond Brill, PhD, RD, LDN

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They don't call it "the silent killer" for nothing. High blood pressure, also known as hypertension, often causes no symptoms until a stroke or heart attack sends its victim to the emergency room—or to the grave. And this deadly condition is pervasive, affecting nearly one in every three American adults.

The good news is that "high blood pressure is the most preventable cause of premature morbidity and mortality in the United States and the world, and that lifestyle therapy is the cornerstone of treatment for this disease," says nutritionist Janet Bond Brill, who specializes in cardiovascular disease prevention. Having lost a grandmother, father and brother to untimely deaths fueled by hypertension, Brill has laid out her own lifestyle program in *Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in Four Weeks without Prescription Drugs*.

Like other books on the subject, *Blood Pressure Down* employs the DASH (Dietary Approaches to Stop Hypertension) diet, a whole-foods eating plan low in sodium and high in calcium, magnesium and potassium, which over the past two decades has become the dietary gold standard for blood pressure control. Brill's contribution is to combine DASH with other helpful advice and break it all down into 10 easy-to-follow steps. From losing that crucial first five pounds, through cutting out salt, adding key foods such as spinach and crucial supplements including vitamin D, and finally adding exercise, the idea is to present one manageable task at a time instead of overwhelming the reader with too much information at once—an overload that for many newly diagnosed patients leads to lifestyle paralysis and poor pressure control.

"Get your blood pressure down and you can prevent disease, disability and premature death," writes Brill. Avoiding these calamities is the urgent message behind *Blood Pressure Down*. —Lisa James