

BOOKSHELF

Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks — Without Prescription Drugs

By Janet Bond Brill, PhD, RD, LDN

2013, Three Rivers Press

Softcover, 352 pages, \$15

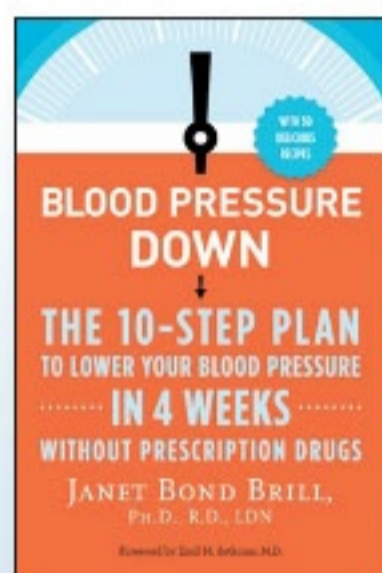
Brill, a well-credentialed expert in nutrition and fitness, has a knack for breaking down information on how to address certain health issues into user-friendly strategies. She created an effective 10-step plan in her previous book, *Cholesterol Down*, and now has done the same thing in *Blood Pressure Down*. Considering the prevalence of cardiovascular disease in the United States, nutrition professionals should be prepared to address high blood pressure—the largest risk factor for cardiovascular disease-related death—with clients.

In *Blood Pressure Down*, Brill highlights the fact that behavior changes can strongly influence blood pressure and employs the DASH principles in her lifestyle therapy plan. By following her plan, patients and clients can avoid undesirable side effects and eliminate the expense of blood pressure medications.

The first part of the book, “Everything You Need to Know About High Blood Pressure and Your Health,” explains the science of high blood pressure and its effects on the body, from eye and kidney damage to sexual dysfunction. This section also recommends monitoring blood pressure at home since it varies throughout the day and readings can be inaccurate. The book provides instructions for optimal home readings and progress charts to record daily numbers during the four-week program. Brill also notes that some people’s blood pressure surges around health care workers such as physicians or nurses.

The book’s much lengthier second part, “The Ten-Step Blood Pressure Down Plan,” supplies a detailed explanation of each element of the plan, starting with a modest goal of losing 5 lbs—but even this small amount of weight loss can dramatically decrease blood pressure.

The next eight chapters focus on dietary changes, how to make them, and why they should be made. Cutting salt seems



obvious, though Brill’s tips for reducing salt intake and a list of “Supermarket Shockers”—who knew low-fat cheese had extra salt added?—can help consumers. The other chapters examine bananas for potassium, spinach for magnesium, yogurt for calcium, soy for nonanimal protein, dark chocolate for various nutritional benefits, red wine for the polyphenols and other benefits, and four supplements to be taken daily (vitamin D₃, Coenzyme Q10, fish oil, and a cup of low-sodium vegetable juice). All in all, these recommendations should not be a tough sell to patients and clients, especially since chocolate and wine may seem like a pleasant perk.

Step 10 of the program is exercise; Brill urges just 30 minutes of walking, jogging, swimming, or cycling every day, which can reduce stress and lower blood pressure.

The appendices feature more than 50 simple-to-make, highly appealing recipes accompanied by full nutritional analyses.

With all the information this book provides, it could be a lifesaver for your patients and clients.

— Lenora Dannelke is an independent journalist who writes about food for numerous publications.

Fearless Feeding: How to Raise Healthy Eaters From High Chair to High School

By Jill Castle, MS, RD, LDN, and Maryann Jacobsen, MS, RD

2013, Jossey-Bass

Softcover, 432 pages, \$16.95

Castle and Jacobsen have collaborated on a great new work: *Fearless Feeding*. Castle works in pediatric nutrition as a private practitioner, blogger, consultant, writer, and speaker, and Jacobsen is a freelance writer and family nutrition expert who owns and operates the popular blog *Raise Healthy Eaters*.

Those familiar with renowned feeding expert Ellyn Satter’s work will be right at home with this new, comprehensive childhood feeding manual. Throughout the book, the authors expertly apply Satter’s Division of Responsibility to their feeding guidance for children of all ages.

One of the many great features of this manual is its

