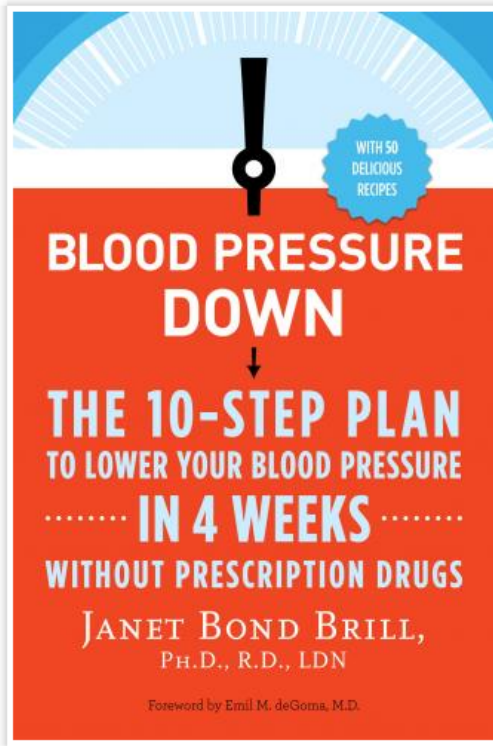


< Back to Entertainment : Books

## 12 Books to Help You Get Healthy in 2014

*Pondering your New Year's resolutions? Here are 12 books that will help you get healthy in the new year and stay healthy for many, many more*

by Nancy Stedman



◀ PREVIOUS 11 of 12 NEXT ▶

### 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

Almost one in three Americans over 20 has high blood pressure, which is considered one of the most treatable causes of heart disease and strokes. Yet a majority of people with the condition fail to keep their blood pressure under control, at least in part because hypertensive medications produce lots of side effects, like fatigue. *Blood Pressure Down* presents a credible plan to lower your blood pressure without medication via diet, exercise and stress reduction. Some key foods include kiwis (almost as much potassium as bananas but with half the calories), low-fat yogurt (tons of calcium), dark chocolate (packed with flavanols) and red wine (it combines the benefits of antioxidants and alcohol). The book also recommends a daily glass of low-sodium vegetable juice as a way to get a megadose of potassium.

Buy it [here](#).

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