Bringing Down High Blood Pressure  Chad Rhoden, MD, PhD, and Sarah Wiley Schein, MS, RD, LDN
Immediate and long-term solution. Fitness plans and stress management tips. Practical advice on nutrition. 70 delicious and healthy recipes. Information on the risks and benefits of medications.

Cholesterol Down: 10 Simple Steps to Lower Your Cholesterol in 4 Weeks - Without Prescription Drugs  Janet Bond Brill, PhD, RD, LDN
How eating whole grains helps reduce LDL cholesterol in your bloodstream. Why antioxidants keep plaque from building up in your arteries. How certain steps change the structure of LDL cholesterol particles (and why it’s best for them to be large and fluffy).

The Harvard Medical School Guide to Lowering Your Blood Pressure  Aggie Casey, RN, MS, and Herbert Benson, MD
Expert information on: the importance of managing your stress levels and how to do it, using the relaxation response to lower your blood pressure, and how to eat and exercise.

The Healthy Heart Walking Book  American Heart Association
Regardless of your level of fitness, you can improve your cardiovascular health, weight control, stress management, and overall well-being through a simple walking program.

Heart Health, Mayo Clinic  Take Charge of Your Health (DVD)  Mayo Clinic
Mayo Clinic and GAIAM, the health and wellness experts, help you understand your condition. Learn simple health tips, gentle yoga and receive a daily nutrition guide.

The Heart Speaks A Cardiologist Reveals the Secret Language of Healing  Mimi Guarneri MD, FACC
Dr. Mimi Guarneri bridges the gap between heart and soul, fusing the latest science and technology with the deeper realization that the human heart is more than a physical pump.

High Blood Pressure, Mayo Clinic  Take Charge of Your Health (DVD)  Mayo Clinic
Mayo Clinic and GAIAM, the health and wellness experts, team up to bring you this groundbreaking, integrated health action plan designed specifically to help you control high blood pressure. Changing the way you live can change the way you feel.

In 12 Weeks You Can Control Your High Blood Pressure Without Drugs  Cleaves M. Bennett MD
Learn how to control your blood pressure without drugs. Prevention not pills.
The Metabolic Syndrome Program: How to Lose Weight, Beat Heart Disease, Stop Insulin Resistance and More Karlene Karst, RD
Big Belly? High Body Mass Index? High Blood Pressure? If this sounds like you, you may be one of the millions of Americans with Metabolic Syndrome.

Overcoming Metabolic Syndrome Scott Isaacs MD, and Fred Vagnini MD
Find answers to questions like: How do you know if you have metabolic syndrome? What is insulin resistance? How do you overcome metabolic syndrome?

Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure Caldwell B. Esselstyn, Jr., MD
Offering the same simple plan that has changed the lives of his patients forever, this book includes 150 delicious recipes.

Reverse Heart Disease Now: Stop Deadly Cardiovascular Plaque Before It's Too Late Stephen T. Sinatra, MD, and James C. Roberts, MD
The newest cardiology breakthrough to halt arterial disease and high blood pressure, prevent heart attack and stroke, and reverse heart failure.

Reversing Heart Disease Dr. Dean Ornish
In this breakthrough book, Dr. Ornish presents dramatic evidence and guides you step-by-step through the extraordinary ‘Opening Your Heart’ program.

Reversing Hypertension Julian Whitaker, M.D.
A vital new program to prevent, treat, and reduce high blood pressure.

Take a Load Off Your Heart Joseph C. Piscatella and Barry A. Franklin, PhD
109 things you can do to prevent, halt and reverse heart disease. Increase the odds of living longer with this bold, broad approach to cardiac health.

30 Days to Lowering your Cholesterol Naturally Lisa Oliver
Secrets about Cholesterol Reduction Your Doctor Doesn’t Tell You; That You Can Use Today Yes, it is possible to lower your cholesterol without medication...just by making a few lifestyle changes...

To Your Health A Guide to Heart-Smart Living American Heart Association
Assess and lower your risk factors for heart disease and stroke.

Your Heart, An Owner’s Manual American Heart Association
American Heart Association's complete guide to heart health.

Borrow for up to 3 weeks by sending an email with book title and interoffice mail location to 411-HealthPromotion.

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