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Diet Therapy for Hypertension (Chinese Edition)

Anonymouse

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Anonymouse : Diet Therapy for Hypertension (Chinese Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Diet Therapy for Hypertension (Chinese Edition):

The incidence of hypertension is high for modern people, and it is the main causing factor of cardiovascular and cerebrovascular diseases. Many factors may cause high blood pressure, and if it is not properly controlled, it will induce stroke, myocardial infarction, cardiac failure, chronic renal failure and other complications. It is a great threat

for our health. Hypertension patients need to measure their blood pressure and take medicine as doctors direct. Besides, home aftercare and nursing are very important, too. According to the etiology and pathogenesis of hypertension, as well as the special requirements of diets, sports, and daily life after the onset, this book makes a set of recuperating plans for the hypertension patients, making hypertension recuperation not be a difficulty of health life. It is compiled by the Regimen Pavillion Editorial Board.