



**By Janet Bond Brill Ph.D. R.D - Blood Pressure
Down: The 10-Step Plan to Lower Your Blood
Pressure in 4 Weeks--Without Prescription Drugs
(1st Edition) (4.7.2013)**

Janet Bond Brill Ph.D. R.D

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For the 75 million Americans with hypertension, a safe, effective plan for lowering blood pressure without prescription drugs. Brill's program provides an alternative to prescription medications, based on functional foods, a regimen of exercise, and modest calorie restriction.

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