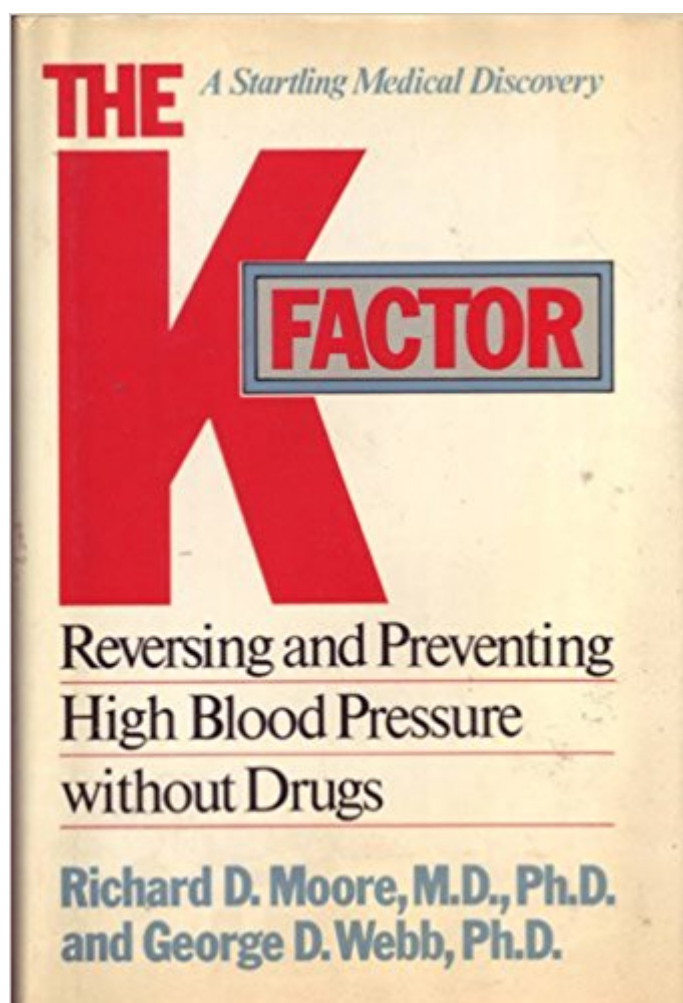


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The K Factor: Reversing And Preventing High Blood Pressure Without Drugs



Book Information

Hardcover: 431 pages

Publisher: Macmillan Pub Co; 1st Edition edition (May 1986)

Language: English

ISBN-10: 0025861905

ISBN-13: 978-0025861909

Package Dimensions: 8.2 x 5.2 x 1.3 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 5.0 out of 5 stars 5 customer reviews

Best Sellers Rank: #1,472,754 in Books (See Top 100 in Books) #75 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure](#)

Customer Reviews

High blood pressure is controllable with medication, but the drugs used have many unpleasant side effects. The K Factor offers a program to help control hypertension without using drugs. Moore and Webb claim to have found the key to the riddle of high blood pressure in potassium, and they offer a low fat, low sodium, high potassium, high fiber diet. They encourage the reader to begin an exercise program, but say little about stress control. The authors' claims are somewhat sensational, but little harm could come to hypertensive persons if they followed this program with the advice and consent of their physician. However, James Warren's *Managing Hypertension* (LJ 4/15/86) would be a better addition to most collections. Robert Schmid, Univ. of Health Sciences/Chicago Medical Sch. LRC, North Chicago Copyright 1986 Reed Business Information, Inc.

I got my 1st copy of the K factor about 25 years ago at an EAA Fly In at Oshkosh WI after hearing a talk by the author. I was very impressed, but misplaced it and forgot it's name. It is about the nutritional benefits of taking more K than Na. Recommend !

I've bought a few of this book to give to my family members and friends over the years because it worked so well for me.

Everyone healthy or not should read this book. It addresses root cause of high blood pressure with scientific evidence. You can help someone among your friends, relatives and family by guiding them in the right direction.

I read this book more than 20 years ago and followed it religiously for 9 months. I was able to eliminate my medications for high blood pressure as a result (no restaurant food during that time). Then was able to slowly add small amounts of sodium containing refined foods without raising blood pressure. An excellent book! Only now is this information becoming mainstream in the medical profession.

Written so that "regular folk" can understand it, The K Factor tells you how to lower your blood pressure and feel better right away. Not wanting the side-effects of medication to control my hypertension (which had reached 185/99) I searched for natural remedies. This book tells it all, naturally. There are even lists of what you CAN eat (and cannot) and still keep the pressure down. My heart feels healthier, I have no more headaches, more energy, and a much better disposition since I started controlling my K factor to lower my pressure (which now averages 127/79). Every hypertension patient should read this book.

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