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Written by a dual board-certified nephrologist and internist as well as a Harvard-trained doctor of chemistry, Integrative Treatment of Hypertension: A Clinical and Mechanistic Approach offers an alternative approach to treating hypertension, providing sound mechanisms of action and practical implementation advice.

### Integrative Treatment of Hypertension: A Clinical and ...

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### Integrative Treatment of Hypertension by Joel A. Blush ...

Integrative Treatment of Hypertension: A Clinical and Mechanistic Approach - CRC Press Book Given current trends toward obesity, sedentary lifestyles, and poor diets, hypertension is increasingly becoming a disease of the young as well as the elderly, affecting about 1 billion people worldwide.

### Integrative Treatment Of Hypertension A Clinical And ...

The book also addresses blood pressure goals and categorizes each standard and alternative method of treatment, suggesting ways of implementing an integrative approach to hypertension treatment. A useful companion to any health care provider, this book presents a unique work that fills a niche within the medical community.

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Integrated approaches to management of hypertension: promoting treatment acceptance. McInnes GT (1). Author information: (1)Department of Medicine and Therapeutics, Gardiner Institute, Western Infirmary, Glasgow, Scotland, UK. gordon.t.mcinnnes@clinmed.gla.ac.uk. Overwhelming trial evidence indicates that the treatment of hypertension is beneficial, but in practice, less than 50% of treated hypertensive subjects have blood pressure well controlled.

### Integrated approaches to management of hypertension ...

Some complementary health approaches are showing promise as elements of a program of lifestyle change that can help lower blood pressure. Research results show that some mind and body practices, such as meditation and relaxation techniques, may help reduce blood pressure in people with hypertension. In 2013, the American Heart Association suggested that biofeedback and Transcendental Meditation, in addition to conventional medication, can help people lower their blood pressure.

### Complementary Health Approaches for Hypertension | NCCH

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### Integrative Treatment of Hypertension: A Clinical and ...

The use of complementary therapies is increasing, and it is vital for physicians to be aware of the risks and benefits of these options. This article summarizes the current evidence base on integrative therapies for the prevention and treatment of CVD, including hypertension, hyperlipidemia, coronary artery disease, heart failure, and arrhythmias. Where applicable, recommendations are included for therapies that may be used as an adjunct to traditional medical care to improve cardiovascular ...

### Integrative Medicine for Cardiovascular Disease and Prevention

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