



## Hypertension and Nutrition

By Noshin Samiha Khan Trisha

GRIN Verlag GmbH. Paperback. Condition: New. 16 pages. Dimensions: 10.0in. x 7.0in. x 0.0in. Scholarly Research Paper from the year 2013 in the subject Nutritional Science, grade: A, , language: English, abstract: Hypertension is the most common risk factor for stroke, heart disease and also many other diseases. African Americans are mostly vulnerable for hypertension. They have an increased likelihood for developing hypertension. But good news is, there are many treatments or remediation methods available to prevent and/or control hypertension. Dash Diet is the one of the methods to control hypertension. Method: Hinari, Medline through PubMed and Google scholar was used for literature searching. Key words like hypertension, nutrition and hypertension, DASH diet, DASH diet and hypertension was used. Results: There are no actual causes for increased risk of hypertension among African American found. Research shown that DASH diet has significant impact on reducing hypertension. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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