

Heart Disease & Hypertension: Vitamin Therapy for a Healthy Heart

Bryant Lusk

Koehler Books (May 10, 2022)

(204pp)

978-1-64663-631-0

The encouraging medical guide Heart Disease & Hypertension suggests ways for individuals to improve their heart health.

Bryant Lusk's *Heart Disease & Hypertension* is an informative medical text that delves into supplemental physiology, organ health, and life longevity.

Naming heart disease as the leading cause of death in the United States, this book suggests methods for combating it. It states that one of the most overlooked methods is the ingestion of supplements, and it is thorough in describing the benefits of substances like vitamin K2 (used to prevent calcium buildup in the arteries) and magnesium (called a vital component to the sodium-potassium pump, which controls electrical impulses to the heart).

The book also takes on what it calls misconceptions about supplements, like the idea that calcium and magnesium should be ingested together, and the idea that blood samples are the best method to measure one's vitamin content levels. Its use of graphs, tables, and diagrams of organs and dosages are indispensable when it comes to understanding the concepts and explanations it shares. It uses tables to show what individuals of certain ages, or who have used supplements before, should ingest, though most such tables are limited in scope and provide general information.

Still, the text is accessible because of its bullet point organization and open tone. It makes illustrative suggestions for furthering understanding, such as to breathe through one's fingers to understand how blood flows through the arteries. It is encouraging, too: it suggests that audiences listen to their bodies and account for their individual needs. The dangers and likelihood of overdosing are pronounced with clarity, as are social stressors around physical health, like Covid-19 and toxic relationships.

Throughout, the book encourages taking the "path of least resistance" to prevent cardiovascular issues. While methods like exercise and healthy eating are mentioned, they are not the book's focus. It is more scientific and detailed in covering information that's crucial to understanding the nuances of heart health, including the function and significance of other organs, as well as factors like nocturnal blood pressure dips. It asserts that Black Americans, Native Americans, and Latinx people are at higher risk for heart attacks than others, and that green tea imported from certain countries contains dangerous amounts of lead. Its warnings about the dangers of purchasing supplements from stores and third party sellers, and about the harmful effects of the normalization of obesity upon individuals who are looking to bolster their heart health, are compelling.

The medical guide *Heart Disease & Hypertension* suggests ways for individuals to improve their heart health and develop greater body awareness across a lifetime.

ALEENA ORTIZ (April 6, 2022)

Disclosure: This article is not an endorsement, but a review. The publisher of this book provided free copies of the book and paid a small fee to have their book reviewed by a professional reviewer. Foreword Reviews and Clarion Reviews make no guarantee that the publisher will receive a

positive review. Foreword Magazine, Inc. is disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255.