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READY TO ROLL AT STANFORD

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the report that briefs you on what to watch

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Hugh C. Trowell, M.D., F.R.C.P.:

A NEW DIETARY EXPLANATION for the cause of ESSENTIAL hypertension . . . the dramatic and significant African experience (1929-1958)

PUBLISHER'S NOTE: Dr. Hugh C. Trowell taught medicine in Kenya and Uganda medical schools for nearly 30 years, 1929 to 1958. During this critical period Kenya offered unique opportunities to make medical observations among the Africans, today called Kenyans. Never before, and never again, in the long history of medicine will highly trained doctors be able to observe three million men, women and children emerge from tribal life and undergo rapid Westernization of their diet and life-style. As a result Dr. Trowell offers here a new dietary explanation for the cause of essential hypertension and how to avoid or correct this high blood pressure by simple changes in what you eat.

—Richard Stanton

Standard teaching on high blood pressure is that a few persons develop high blood pressure due to kidney disease or some other disorder; this is secondary hypertension and treatment consists in treating the primary disorder. It is usually considered that high blood pressure has no obvious cause; it is then called essential or primary hypertension, and it is treated by reducing any obesity and by suitable drugs.

This report challenges such a point of view. It suggests that by reversing the high sodium to low

potassium ratio of our Western diet, and of dietary fiber, over half of the people suffering from essential hypertension will achieve normal blood pressure within a few weeks.

First, let us survey the recent U.S. teaching concerning the cause of essential hypertension. The Annual Discourse to the Massachusetts Medical Society on May 24, 1978, was given by Dr. T. R. Dawber and entitled 'Unproved hypotheses.' He stated that "the hypothesis linking blood pressure to sodium intake, although sup-

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The truth about the right diet and exercise to lose weight safely and stay slender for life.

Alton Ochsner, M.D.: **On "The Chair Disease"** . . . Why blood clots in your veins are a little-realized hazard of "desk-bound" executives.

Stephen R. Elek, M.D. **On "The Hurry-up Disease."** Why it may be a key factor that triggers heart attacks as early as age 40.

If you sit at a desk all day . . . How to avoid a Pot-Belly and Double-Chin (or get rid of them for good!)

Jan Koch-Weser, M.D.: **On Systolic Hypertension,** more common than diastolic hypertension and as dangerous. What it is, what it does, and what to do about it.

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