

Sundt Blodtryk på 14 Dage

Her finder du referencer og links til interessante artikler omkring at spise sit blodtryk ned med antiinflammatorisk kost. Listen er et uddrag af den videnskabelige litteratur samt anden kompetent omtale. Fra de faglige artikler kan du via deres egne referencer komme videre i faglitteraturen. Mange er anvendt som research til bogen **'Sundt blodtryk på 14 dage'** (Politikens Forlag). Nye referencer tilføjes løbende.

https://www.saxo.com/dk/sundt-blodtryk-paa-14-dage_jerk-w-langerjens-linnet_indbundet_9788740046823

21 nye helbredende dage med antiinflammatorisk kost

https://www.saxo.com/dk/21-nye-helbredende-dage-med-antiinflammatorisk-kost_jerk-w-langerlouise-bruun_indbundet_9788740046595

- se også bogens litteraturliste:

<http://jerk.dk/Antiinflammatorisk%20kost%20referencer.pdf>

Collagen - Stærk, sund og smertefri

https://www.saxo.com/dk/collagen_jerk-w-langerkaren-lyager_indbundet_9788740059076

- se også bogens litteraturliste: <http://jerk.dk/collagen-referencer.pdf>

Sænk dit Kolesterol

https://www.saxo.com/dk/saenk-dit-kolesterol_jens-linnetjerk-w-langer_indbundet_9788740069167

- se også bogens litteraturliste: <http://jerk.dk/S%C3%A6nk-dit-kolesterol-litteraturliste.pdf>

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OM FORHØJET BLODTRYK

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