



29-Year Old Adam Blaney Normalizes Blood Pressure, Eliminates Meds

By Adam Blaney
May 30 2012

I am a 29 year old minister, currently living in Lewisburg, WV. In 2009 I was diagnosed with high blood pressure and acid reflux after experiencing chest pains which landed me in the emergency room for a night. My sodium was low, I exercised 4 times a week, and it was a mystery to my doctor. It was chalked up as a hereditary thing that I was just going to have to live with. So, I was a 27 year old on blood pressure medication.

In 2011 (then topping 200 lbs), I began watching documentaries on our food system in the US. *Forks Over Knives* was the first documentary that motivated me to do something. I bought [Prevent and Reverse Heart Disease by Dr. Esselstyn](#) the next day. At the time I weighed 196 lbs., and my resting blood pressure on medication was 132/89.

Six weeks later I have lost 30 lbs. and my blood pressure is 116/66 without medications. The acid reflux has disappeared and I feel great. *Forks Over Knives* has truly changed my life!