Dr. Laragh has been the recipient of numerous awards and was featured on *Time* magazine’s cover in 1975 for discovering the role of the renin-angiotensin-aldosterone system in regulating normal blood pressure and causing fatal malignant hypertension. He has long maintained that essential hypertension in most patients can be permanently controlled with one drug by determining whether the problem is primarily sodium (volume) related or due to increased renin actions. The key to this is being able to accurately measure renin activity, a procedure that he pioneered over three decades ago.

I have known John for over 65 years; we both grew up in the same area of Northwest Yonkers and he has been a member of the Board of Trustees of The American Institute of Stress since its founding in 1978. We and our wives are avid golfers and have enjoyed their hospitality at Winged Foot and Shinnecock. We also share some professional concerns, such as how the practice of medicine has become more of a trade than profession since we entered practice. I have referred many patients to him and have always found him to be a very caring as well as skilled clinician. Many authorities share my belief that implementation of his approach could markedly reduce the prevalence of poorly controlled hypertension as well as its complications and costs.

What is difficult to understand is why has this been inadvertently overlooked if not deliberately omitted in official recommendations for the treatment of hypertension, such as the recent report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC-VII)? While familiar with how John’s treatment program evolved, I wanted to fill in a few blanks and also obtain his opinion about these latest official recommendations. I think that you will find his comments during a recent interview illuminating but our conversation covered so many topics that it would fill two Newsletters. I have summarized some highlights in this expanded 12 page issue and the complete interview will appear on the web at www.redflagsweekly.com, www.stress.org and other sites.