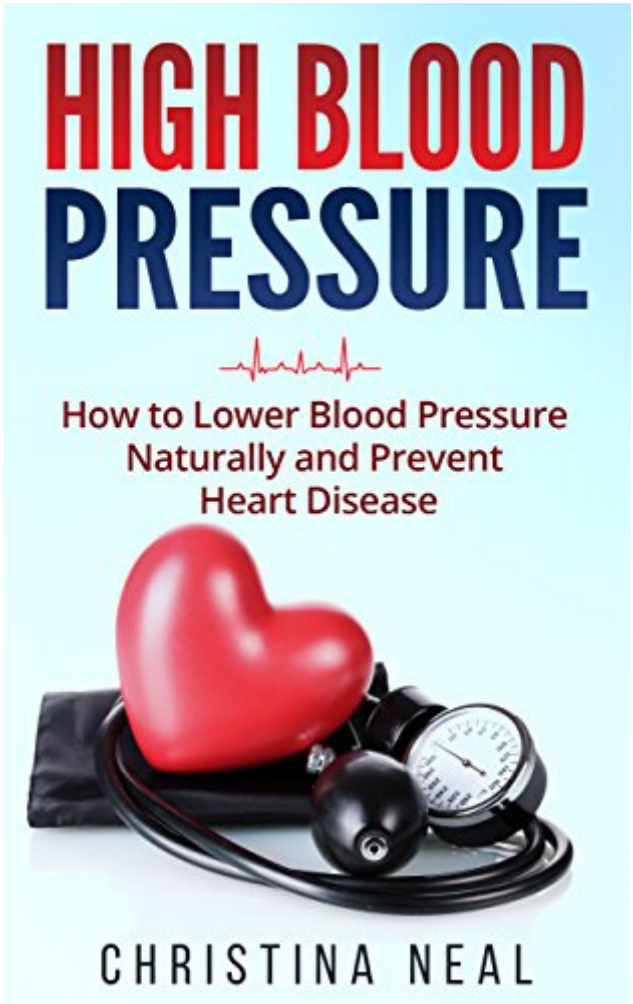
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# High Blood Pressure: How To Lower Blood Pressure Naturally And Prevent Heart Disease




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## Synopsis

How to Lower Blood Pressure NaturallyDo the dangers of high blood pressure and its potential complications have you worried? Do you want to find safe and effective strategies to lower blood pressure naturally? Each year, high blood pressureÃ¢â ¬â •or hypertensionÃ¢â ¬â •causes more than 9 million deaths worldwide. Although family history and aging can increase your chance of having hypertension, an unhealthy lifestyle remains the primary cause. Lack of exercise, eating junk food, not drinking enough water, or lack of sleep can all lead to elevated blood pressure levels.With this book, you will develop a comprehensive understanding of this disease and learn the current treatment options. By reading this book, you'll learn:Ã¢â ¬Â¢ the symptoms, risk factors, and causes of hypertension;Ã¢â ¬Â¢ herbal remedies and medications to lower blood pressure;Ã¢â ¬Â¢ beneficial lifestyle changes; Ã¢â ¬Â¢ the DASH diet plan; and Ã¢â ¬Â¢ thirty-two easy and delicious DASH diet recipes for breakfast, lunch, snacks, dinner, and dessert.This book will help you take control of your health and start lowering your blood pressure for good.Download High Blood Pressure now!----TAGS: high blood pressure solution, high blood pressure lowered naturally, high blood pressure cure, high blood pressure books, lower blood pressure, hypertension, prevent heart disease book

## Book Information

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## Customer Reviews

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Invaluable information presented in an easy-to-read style. Readers will appreciate that this is not a dry textbook but is based on the author’s personal experience.Easy to learn and retain what is helpful to lower blood pressure.

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