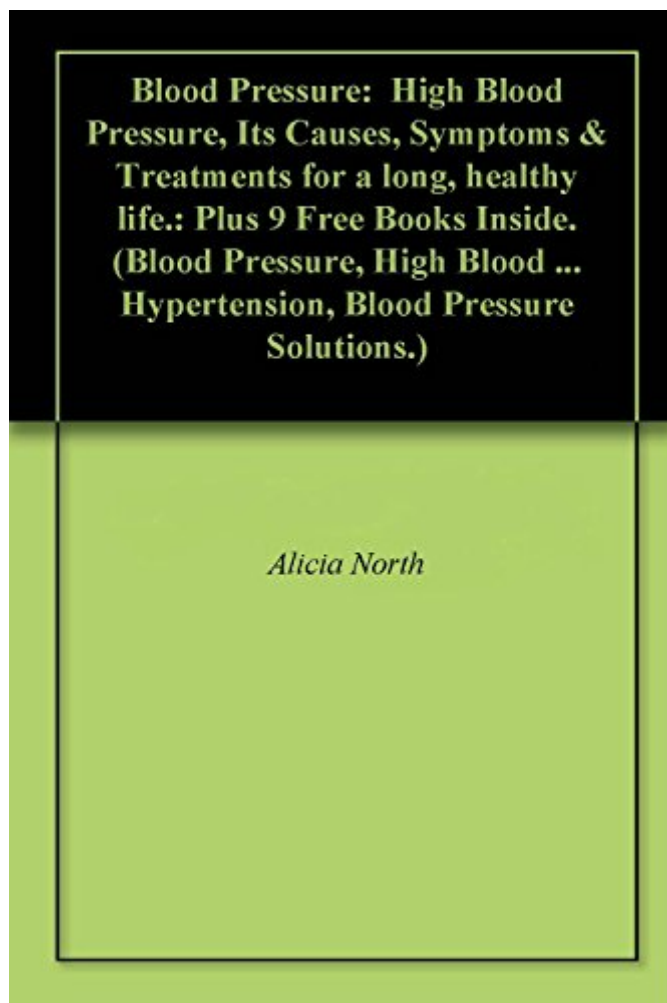


The book was found

Blood Pressure: High Blood Pressure, Its Causes, Symptoms & Treatments For A Long, Healthy Life.: Plus 9 Free Books Inside. (Blood Pressure, High Blood ... Hypertension, Blood Pressure Solutions.)





Synopsis

Everything you need to know about Blood Pressure. Its Causes, Symptoms, Effects and Treatments. Learn to recognize and manage your Blood Pressure. This book contains proven steps and strategies on how to control your high blood pressure. Today about 70 million American adults have hypertension or high blood pressure. High blood pressure treatments cost US approximately \$50 billion yearly and rapidly accelerates the risk for heart disease and strokes. It is the 1st and 3rd leading cause of premature death in the US. Good news for you is high blood pressure is entirely preventable, without completely relying on prescription drugs. Many factors contribute to your high blood pressure, including unhealthy lifestyle, following the wrong type of diet, smoking, drinking, living a stressful life, your age, and other factors. This well-researched, thoughtful book on high blood pressure offers a comprehensive diet program that focuses on nutrition, weight loss, describes appropriate exercises to bring the entire body chemistry into balance, simple relaxation techniques and visualization to lower stress and blood pressure, prescription drugs and natural remedies to normalize your blood pressure and help you to live a happy, healthy and longer life. Here is a preview of what you will learn:

- High Blood Pressure Symptoms and Causes
- Choose DASH Diet to Lower High Blood Pressure
- Foods to Limit or Avoid to Keep Your Blood Pressure Normal
- Exercise to Normalize Your Blood Pressure
- Meditation to Lower Your Stress and Blood Pressure
- Medications to Treat Your High Blood Pressure
- Natural Remedies to Lower High Blood Pressure

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