



Blood Pressure: Blood Pressure Diet Plan - How To Easily Lower Your Blood Pressure And Control Hypertension Using Natural Remedies (Natural Remedies, Blood Pressure, Hypertension)

Carol Klein

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Blood Pressure

Blood Pressure Diet Plan - How To Easily Lower Your Blood Pressure And Control Hypertension Using Natural Remedies

With obesity on the rise in America, high blood pressure is a specter that can loom on the horizon for many of us. This book details ideas and methods that can help lower blood pressure without resorting to prescriptions. It is not intended, in any way, to take the place of sound medical advice. Rather, it is a compendium of resources and ideas that can be used when your doctor asks you that big question: "Do you want medication or a life-style change?" With a variety of resources from which to choose, making a life-style change has never been easier. This little book will point the way.

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