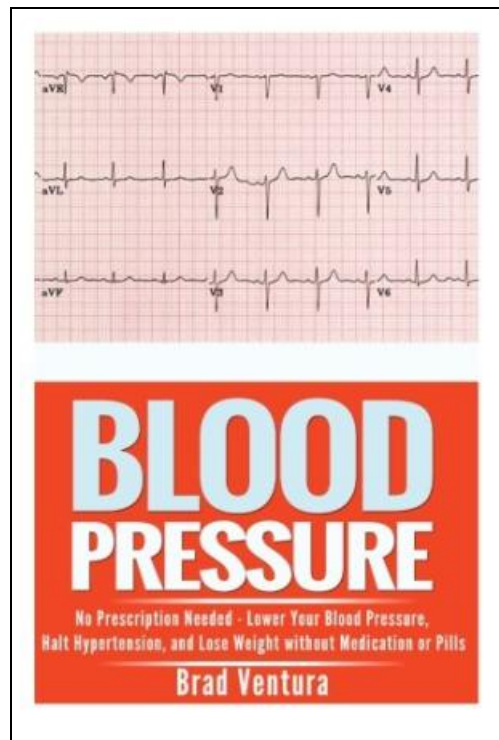


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.I Will Teach You How To Lower Your Blood Pressure No Prescription Needed - Lower Your Blood Pressure, Halt Hypertension, and Lose Weight without Medication or Pills About the Book: Blood Pressure High blood pressure is a very serious condition affecting thousands of people in America. The sad part is that it is one of the conditions that a person can so easily take control of by simply living a healthier lifestyle. This means exercise, diet and overall well-being. Those who are affected by high blood pressure often must resort to the use of medications which must be taken on a daily basis and come with their own list of possible side effects and concerns to the health. We want you to be healthy, and we now that it is possible. 7 Amazing Things You Will Learn From This Book 1. What is the DASH diet? If you are out in the dark about this diet, it is time to shed some light in, especially if you are interested in lowering your blood pressure. This popular diet is certainly effective, and he we will explore It more. 2. What is high blood pressure? What do you do to make the determination that this is a problem that is affecting you? We have those answers that you are seeking. 3. Prehypertension is almost as dangerous as hypertension. What is this and what can you do about it? 4. How can you lower your blood pressure? There are certainly a plethora of methods this can be done, without the use of medications. 5. Who needs to take a medication for high blood pressure? What are the side effects that come...

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