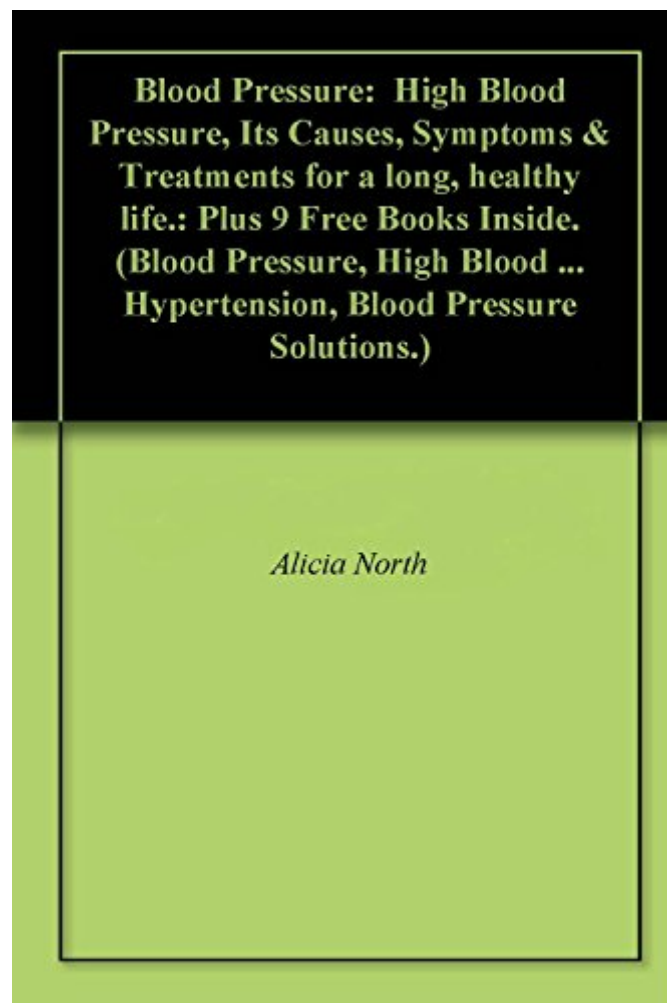


The book was found

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 cCauses, 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 Normalized 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

Book Information

File Size: 1494 KB

Print Length: 659 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 28, 2017

Sold by: ã Â Digital Services LLC

Language: English

ASIN: B0756T8JWM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #33,832 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #12

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #35 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #192 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health

[Download to continue reading...](#)

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.) Blood Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series Book 2) Carpal Tunnel Symptoms and Treatments: All about Carpal Tunnel Syndrome Causes, Diagnosing, Symptoms, Signs, Non-Surgical and Surgical Treatments, Alt Blood Pressure: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood Pressure and Reducing Hypertension (Blood Pressure Series Book 1) Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1) High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI) HIGH BLOOD PRESSURE: Blood Pressure Solution: The Step-By-Step Guide to Lowering High Blood Pressure the Natural Way, Natural Remedies to Reduce Hypertension Without Medication Blood Pressure: Blood Pressure Solution: The Step-By-Step Guide to Lowering High Blood Pressure the Natural Way in 30 Days! Natural Remedies to Reduce Hypertension Without Medication High Blood Pressure Explained: Natural, Effective, Drug-Free Treatment for the "Silent Killer": (Blood Pressure, Hypertension, Heart Health, Naturopathy, Natural Remedies) Blood Pressure Solution: How to lower your Blood Pressure without medication using Natural Remedies (Natural Remedies, Blood Pressure, Hypertension) The Wonders of the Colorado Desert (Southern California), Vol. 1 of 2: Its Rivers and Its Mountains, Its Canyons and Its Springs, Its Life and Its ... Journey Made Down the Overflow of the Colo Blood Pressure Solutions: Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet, low salt, healthy eating) The Ultimate Guide to Low and Fluctuating Blood Pressure: Symptoms, causes and solutions Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free

Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) The DASH Diet - Dietary Approaches to Stop Hypertension - A brilliant diet to stay healthy, lose weight, and beat Diabetes!: The Essential Guide to the ... Type 2 Diabetes, DASH, Hypertension) The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! The Asthma Handbook: A Definitive Guide to the Causes,Symptoms and all the Latest Treatments Leukemia: Causes, Symptoms, Signs, Diagnosis, Treatments, Stages of Leukemia - Revised Edition - Illustrated by S. Smith

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)