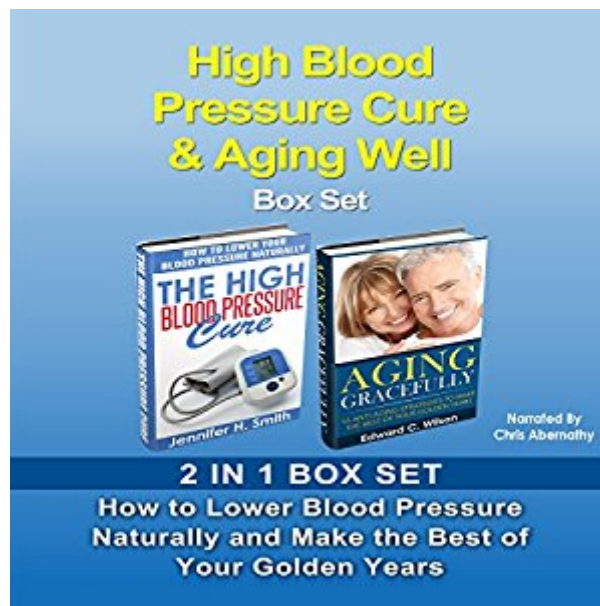


The book was found

High Blood Pressure Cure & Aging Well Box Set: How To Lower Blood Pressure Naturally And Make The Best Of Your Golden Years



Synopsis

The High Blood Pressure Cure: How to Lower Your Blood Pressure Naturally Do the dangers of high blood pressure and its potential complications have you worried? Do you want to find safe and effective strategies for naturally managing your hypertension? **How to Lower Your Blood Pressure Naturally** will give you all of the information you need to start improving your health. Each year, hypertension causes more than nine million deaths worldwide. Most hypertension drugs only target the symptoms of this disease and are not designed to address the actual source of hypertension or provide an effective, long-term solution. With this book, you can develop a comprehensive understanding of this disease and can learn more about the different treatment options that currently exist. This book details the signs, risk factors, and causes of hypertension and it will help you learn more about beneficial lifestyle changes, the DASH diet plan, and herbal supplements and medications that will allow you to take control of your health and start lowering your blood pressure for good.

Aging Gracefully: 16 Anti-Aging Strategies to Make the Best of Your Golden Years Approximately 100 years ago, the average life expectancy for people living in developed nations was only a little over 50 years. Today, living into our 80s is certainly not unusual. By changing some unhealthy habits and making conscious decisions regarding how we live, it is possible to slow the aging process. In order to help you fulfill your potential and make the most of your life as you age, **Aging Gracefully: 16 Anti-Aging Strategies to Make the Best of Your Golden Years** created a helpful list. This book will show you how to exercise, sleep, and eat better in order to stay younger looking and remain healthy as you age. The book gives well-thought-out suggestions regarding important life choices, such as stopping alcohol addiction and smoking, managing stress, listening to your body, and protecting your skin in order to achieve the best health.

Book Information

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Disease #4517 inÂ Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

I did not learn anything new that had not been covered in other similar books. Kind of a good reminder

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High Blood Pressure Cure & Aging Well Box Set: How to Lower Blood Pressure Naturally and Make the Best of Your Golden Years Anti Aging:Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever(Anti Aging Diet, Anti Aging Secrets,Anti Aging Drugs) (Fitness Book 1) High Blood Pressure Solution: Simple Lifestyle Changes to Lower Blood Pressure Naturally and Prevent Heart Disease Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating) Pressure Cooker Cookbook: 3 In 1 Box Set - 310 Mouth-Watering and Healthy Pressure Cooker Recipes for Stove Top and Electric Pressure Cookers (Pressure Cooker, Pressure Cooker Recipes) Blood Sugar Solution and Cure Diabetes - How to reverse diabetes, lose weight quickly and Lower Blood Sugar. Type 2 Diabetes diet, Insulin Resistance diet and Diabetes Cure for Healthy Living Diabetes: How to Lower Blood Sugar Naturally Without Drugs in 4 Weeks: (Diabetes, Lower Blood Sugar, Zero Sugar, Natural Remedies) 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) PRESSURE COOKER: Dump Dinners, Clean Eating and My Spiralized Box Set: Over 100 Delicious and Healthy Recipes For You And Your Family (Pressure Cooker, Pressure Cooker Cookbook) Pressure Cooker: Mouthwatering Pressure Cooker Recipes - Granny's Pick Size L Recipes Collections(Pressure Cooking,Pressure Cooker Books,Pressure Cooker Recipe Book, Pressure Cooker Dump Dinner) Electric Pressure Cooker Recipe Box Set: The Ultimate Pressure Cooker Box Set - Includes 4 Pressure Cooker Cookbooks Pressure Cooker Cookbook: 370 Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals (Pressure Cooker, Eletric Pressure Cooker Cookbook) Look Younger: A Proven Anti-Aging Guide For Looking 10 Years Younger: Fast And Effortless Anti-aging Tactics Lean for Long-Term Care and Aging Services: Lean for Long-Term Care and Aging Services Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Cholesterol: The Natural Solution: Simple Lifestyle Changes to Lower Cholesterol Naturally and Prevent Heart Disease (Lowering Cholesterol)

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