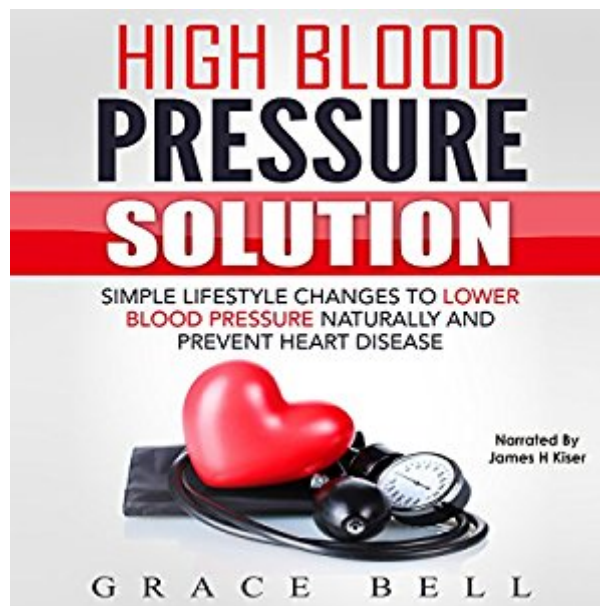


The book was found

# High Blood Pressure Solution: Simple Lifestyle Changes To Lower Blood Pressure Naturally And Prevent Heart Disease



## Synopsis

Do the dangers of high blood pressure and its potential complications have you worried? Do you want to find safe and effective strategies to lower blood pressure naturally? High Blood Pressure Solution will give you all of the information you need to start improving your health. Each year, high blood pressure or hypertension cause 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 will develop a comprehensive understanding of this disease and learn the different treatment options that currently exist. By listening to this book you'll learn: The symptoms, risk factors and causes of hypertension Beneficial lifestyle changes The DASH diet plan Herbal remedies and medications to lower blood pressure This book will help you take control of your health and start lowering your blood pressure for good. Do something good for yourself today and download High Blood Pressure Solution now!

## Book Information

Audible Audio Edition

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Best Sellers Rank: #71 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #155 in Books > Audible Audiobooks > Science > Medicine #2053 in Books > Audible Audiobooks > Health, Mind & Body

## Customer Reviews

The healthy environment has changed in the couple years and we have seen the increment of the life style related fatal diseases like Heart diseases, hypertension and cancer, we usually neglect the simple steps to take , both in treatment and prevention like checking on our life style routines as the author explains deeply. the book teaches on the symptoms, risk factors and causes of hypertension.

I really like this book, cause it is really helpful for me because my mother is also suffering from this danger disease.By reading this book you'll learn:â The symptoms, risk factors and causes of

hypertensionâ € Beneficial lifestyle changesâ € The DASH diet planâ € Herbal remedies and medications to lower blood pressure This book will help you take control of your health and start lowering your blood pressure for good.

I find it short but at-least I learn something new. I really liked that book. The author did a great job. I would highly recommended to read this book everyone who wants to know about high blood pressure solution..You could be saving their life!!. Thanks Grace.!!

This book is a joke. Don't get taken like I did. It's like 20 pages of common sense thing things. I read it in like 20 minutes. I learned nothing. I suggest the high blood pressure hoax. Now that's a good book. Don't waste your money.

Not a bad book. I find it short but at-least I learn something new. Although I'm a bit familiar with dash diet and some dietary program but this book mainly focus on high-blood. Nice book.

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