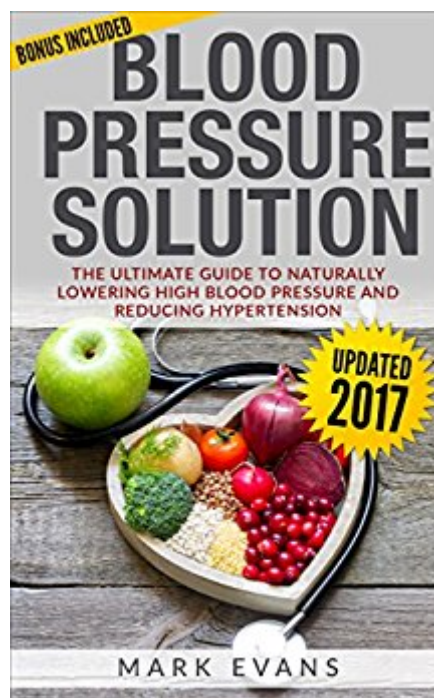




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# **Blood Pressure: Blood Pressure Solution : The Ultimate Guide To Naturally Lowering High Blood Pressure And Reducing Hypertension (Blood Pressure Series Book 1)**



## Synopsis

Blood Pressure Series Book #1 Includes a FREE bonus book "Super Foods for Super Health"

•With close to a third of adult Americans have been diagnosed with high blood pressure and hypertension, yet over 50% of diagnosed patients don't have it under control, high blood pressure and hypertension are a serious problem... The good news is, Blood Pressure and Hypertension is easily treatable! In this book, we will go over the proven process to successfully prevent, control and lower high blood pressure. By implementing the strategies listed within this book, you will be well on your way to successfully lowering your blood pressure and increasing the quality of your life!

In this book you will learn:

- What is blood pressure
- Different types of high blood pressure
- Complications of high blood pressure
- Risk factors for hypertension
- What to eat
- What to avoid
- Do's and Don'ts in cooking
- Exercise and weight loss strategies for hypertension
- Stress and high blood pressure
- Sample recipes for lower blood pressure (breakfast, lunch, dinner, snacks)
- Foods to substitute to lower blood pressure
- How to live with high blood pressure
- And much more!

The new heart healthy life is just right around the corner. So grab a copy of this book and start lowering your blood pressure today!

## Book Information

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## Customer Reviews

This is a great book on Blood Pressure. All of the things, tips and guides that I need to know about how to naturally lowering high blood pressure and reducing hypertension are already included and well written inside. Mark Evans has done an incredible awesome job in compiling and creating this book. Also the unique part of this book is the compilations of the "Exercise and weight loss strategies for hypertension". Very informative, useful and well explained. This book is really a great resource for those who want to learn more about Blood Pressure.

Very complete and descriptive of all symptoms and consequences of hypertension. The book is also richly illustrated so that you can visualize what is involved in cases of high blood pressure. Easy and quick with no wasted filler. Take it to the food store for cheap, nutritious shopping. I highly recommend it!

There is a perfect guide book that has provided a solution of getting rid from high blood pressure and reduces hypertension. This guide book through reasonable cure and instructions protect you from high blood pressure and bring it back to normal blood pressure. This guide book is a detailed description about using simple and natural remedies. Recommended to everyone.

This is an interesting read the book is awesome well written and easy to understand. I got this book for my uncle who is Blood Pressure patient. These recipes are helpful to maintain level of blood pressure on normal point thanks.

I read your book, it summarized what most of us should already know, but in a way of putting it in an easy to follow order. Sometimes books can be overwhelming and that seems to be when they get out down and not picked up again. Thanks for simplifying something that some of us cannot do.

poorly written

This book was a good guide to reducing sodium and helping control hypertension. It is a great starting point for being recently diagnosed.

i can't get it to work, keeps coming up error 4. i may have to send it back.

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