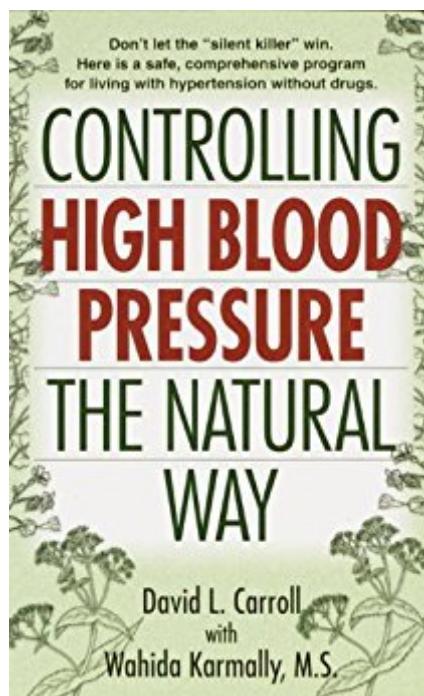


The book was found

# Controlling High Blood Pressure The Natural Way



## Synopsis

Of the countless ailments that rack the human machine, high blood pressure is one of the easiest to prevent and one of the most responsive to treatment. Who gets high blood pressure? Should you panic if you or someone you love develops hypertension? How can you help yourself, even if you're in a high-risk group? High blood pressure is commonly the result of an unhealthy lifestyle, and it can almost always be controlled--without debilitating medications--simply by eating the right foods, taking the proper herb and vitamin supplements, getting the correct types of exercise, and practicing such stress-reducing techniques as meditation, visualization, tai chi, and yoga. This book gives you a firm grip on all these tools. Start using them today to build yourself a healthy, circulation-friendly life. **FEATURING:** - A triple-threat healing program that not only revitalizes your circulation system but also boosts your overall health - A thirty-day food regimen--ninety full menus for breakfast, lunch, and dinner, plus many recipes for delicious foods to eat as you control hypertension **From the Paperback edition.**

## Book Information

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> Heart Disease #227 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative

Medicine > Naturopathy

## Customer Reviews

Very Enlightening information about the causes of H.B.P. The ways to control it naturally with examples of what foods to eat, meditation, relaxing techniques and exercise. Plus as 30 day diet plan to help lower H.P.B.

Not very well written.

Good book, I am using many of the recommendations, and have some good results. My big problem is stress, last week on vacation Blood pressure was much better. Job is the problem with 50% of the blood pressure problem. I now know that for a fact and this book cannot correct that problem. But it has helped.

it ok

Definitely worth the money. The book states the facts and really gets to the point of what needs to be done in order to lower blood pressure. It also provides recipes and food ideas.

helpful

This time I viewed this book on line I got hooked .it is very very informative and just the thought that iT mention garlic in there when my blood pressure was off to the roof and I'm like oh my goodness and I took the garlic and it was a lifesaver so thanks to this book and a whole lot more of informative's in there.

no issues

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Blood Pressure Book 1) 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 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) Blood Pressure: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood Pressure and Reducing Hypertension (Blood Pressure Series Book 1) 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) 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 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) Blood Pressure Solution: How to lower your Blood Pressure without medication using Natural Remedies (Natural Remedies, Blood Pressure, Hypertension) High Blood Pressure Explained: Natural, Effective, Drug-Free Treatment for the "Silent Killer" (Blood Pressure, Hypertension, Heart Health, Naturopathy, Natural Remedies) Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating) Controlling High Blood Pressure the Natural Way: Don't Let the "Silent Killer" Win Controlling High Blood Pressure the Natural Way Blood Pressure Solution: How To Prevent And Manage High Blood Pressure Using Natural Remedies Without Medication The Blood Pressure Solution: 40 Natural Ways To Lower Your Blood Pressure Without Drugs or Expensive Procedures (Natural Health Guide Book 1) High Blood Pressure: How to Lower Blood Pressure Naturally and Prevent Heart Disease High Blood Pressure: Lowering the Blood Pressure Naturally Blood Pressure Solution: How to lower your Blood Pressure without medication using Natural Remedies Power Pressure Cooker XL Cookbook: The Quick And Easy Pressure Cooker Cookbook " Simple, Quick And Healthy Electric Pressure Cooker Recipes (Electric Pressure Cooker Cookbook)

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