



## The High Blood Pressure Cure: How to Lower Your Blood Pressure Naturally (Paperback)

By Jennifer H Smith

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Hypertension, DASH Diet High Blood Pressure Natural Remedies 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? The High Blood Pressure Cure: 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 9 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. Do something good for yourself today and order this...



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