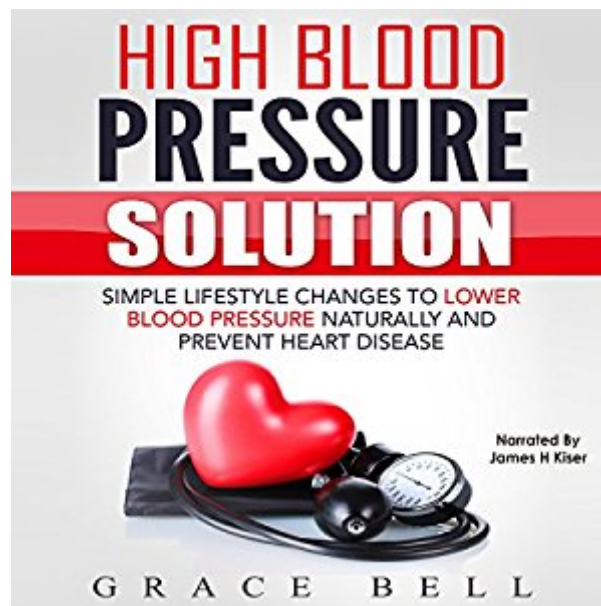


The book was found

# 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

Listening Length: 31 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Insight Health Communications

Audible.com Release Date: September 2, 2016

Language: English

ASIN: B01L9NBD2K

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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High Blood Pressure Solution: Simple Lifestyle Changes to Lower Blood Pressure Naturally and Prevent Heart Disease High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Cholesterol: The Natural Solution: Simple Lifestyle Changes to Lower Cholesterol Naturally and Prevent Heart Disease (Lowering Cholesterol) (Volume 1) Cholesterol: Cholesterol Lowering Guide To How To Lower Cholesterol Naturally And Reduce High Cholesterol With Cholesterol Lowering Strategies To Lower ... Lower Cholesterol (Coronary 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) Blood Pressure Box set: Blood Pressure Solution - How To Lower Your Blood Pressure & Cholesterol Without Medication, Just By Using Natural Remedies and Diet! High Blood Pressure Cure & Aging Well Box Set: How to Lower Blood Pressure Naturally and Make the Best of Your Golden Years 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 Prevent And Manage High Blood Pressure Using Natural Remedies Without Medication The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with

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