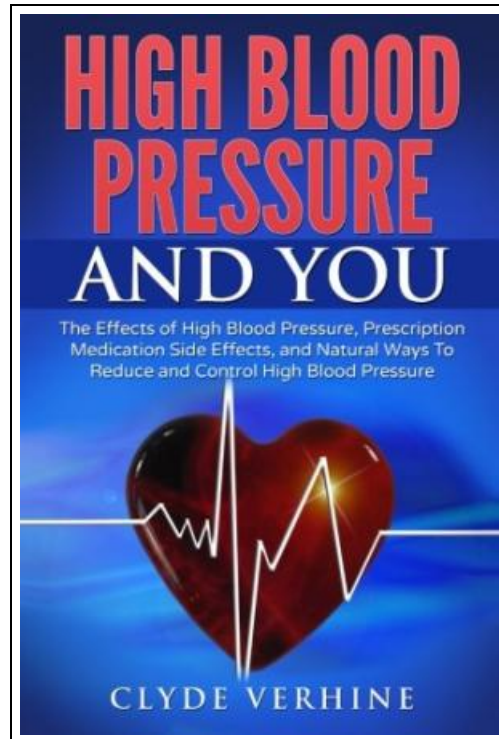


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Want to live a longer and healthier life? Are you or a loved one over eighteen and live in the USA? There is a one in three chance that you or they have high blood pressure. By the time you reach sixty the chances of having high blood pressure have increased to six in ten. The symptoms are not easy to detect, over one in five Americans that have high blood don t even realize it. Called the silent killer, high blood pressure contributes to over 1000 deaths in the US every day. From this book you will get a better understanding of high blood pressure. Learn what causes it, how to determine if you have it, the consequences of having it, and who is most at risk. Learn about the different types of medications. Also learn about the potential side effects of each type. Learn about natural methods to reduce or eliminate the need for prescription medications. The focus of the research I did for this book was to identify important factual information, and discard popular and commercial myths. My aim was to give you this information in one place and to tie it together in a more concise and understandable way. I also included things in this book that I personally tried. By using the things outlined in this book, I lowered my blood pressure. Now I no longer need to take prescription medication for it. These things can work for you as well. Don t wait until it is too late. Take charge of your own life and health. Get the information you need to prevent or control this deadly condition now. Get your copy of this book..



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