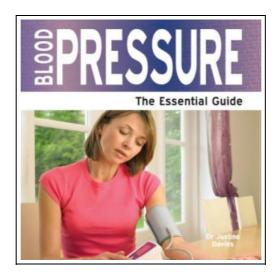
# Blood Pressure: The Essential Guide (Paperback)



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### Reviews

This book is definitely worth buying. This really is for all who statte there had not been a worthy of studying. You will not sense monotony at at any moment of the time (that's what catalogs are for concerning should you check with me).

(Mr. Martin Baumbach)

## BLOOD PRESSURE: THE ESSENTIAL GUIDE (PAPERBACK)



NEED2KNOW, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. In England, over 30 of adults suffer from high blood pressure; usually there are no immediate symptoms and you could have high blood pressure, also known as hypertension, for years without knowing. During this time your heart may be weakened and your blood vessels damaged, leading to serious conditions such as coronary heart disease, strokes and kidney failure. Blood Pressure - The Essential Guide is for people who have been diagnosed with high, or low, blood pressure or are concerned about having a healthy blood pressure. The book also has plenty of information for those who are caring for those who have blood pressure problems; how to keep blood pressure within a healthy range and the factors contributing to high blood pressure and hypertension. Find out how you can prevent high blood pressure, what steps you can take at home to help yourself and how you can address complications. Both medical and non medical treatments are covered. If you have blood pressure problems, are looking to support someone close to you, or want to know what a healthy blood pressure is, then this essential guide has all the information you need.



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