



Blood Pressure: No Prescription Needed - Lower Your Blood Pressure, Halt Hypertension, and Lose Weight Without Medication or Pills

By Brad Ventura

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.I Will Teach You How To Lower Your Blood Pressure No Prescription Needed - Lower Your Blood Pressure, Halt Hypertension, and Lose Weight without Medication or Pills About the Book: Blood Pressure High blood pressure is a very serious condition affecting thousands of people in America. The sad part is that it is one of the conditions that a person can so easily take control of by simply living a healthier lifestyle. This means exercise, diet and overall well-being. Those who are affected by high blood pressure often must resort to the use of medications which must be taken on a daily basis and come with their own list of possible side effects and concerns to the health. We want you to be healthy, and we now that it is possible. 7 Amazing Things You Will Learn From This Book 1. What is the DASH diet? If you are out in the dark about this diet, it is time to shed some light in, especially if you are interested in lowering your blood pressure. This popular diet is...



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