



The Complete Guide to Lowering High Blood Pressure Naturally

Deborah Mitchell

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I have high blood pressure-should I be worried?

How can I prevent the health risks associated with it?

Can I lower my blood pressure through diet and lifestyle changes?

Are there alternatives or complements to prescription medications?

How do I manage stress and hypertension-naturally?

THE COMPLETE GUIDE TO LOWERING HIGH BLOOD PRESSURE NATURALLY

includes

THE MOST UP-TO-DATE INFORMATION: Everything you need to know about the different types of high blood pressure, its causes, symptoms, risk factors, and complications.

YOUR BEST TREATMENT OPTIONS: A full range of choices from diet, nutrition, and lifestyle changes to prescription medications, complementary methods, and alternatives.

A GUIDE TO NATURAL SUPPLEMENTS: Your go-to resource for healthy herbal remedies, essential foods, safe supplements, and other natural ways to lower blood pressure.

THE MOST COMMON MEDICATIONS: A quick-reference guide to popular prescribed drugs, possible side effects, how to use them safely, and if they're right for you.

STRESS MANAGEMENT TECHNIQUES: Simple lifestyle changes, sleeping tips, physical activities and exercises to help you control hypertension and stress.

A PREVENTION PLAN JUST FOR YOU: A customizable approach to lowering high blood pressure that lets you design the plan that works for you-*naturally*.



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