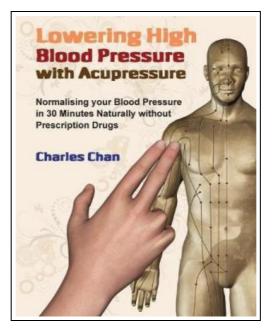
## Lowering High Blood Pressure with Acupressure: Normalising Your Blood Pressure in 30 Minutes Naturally Without Prescription Drugs (Paperback)



Filesize: 5.12 MB

### Reviews

It is simple in read through safer to comprehend. This is for anyone who statte that there was not a really worth reading through. It is extremely difficult to leave it before concluding, once you begin to read the book. (Samanta Klein)

# LOWERING HIGH BLOOD PRESSURE WITH ACUPRESSURE: NORMALISING YOUR BLOOD PRESSURE IN 30 MINUTES NATURALLY WITHOUT PRESCRIPTION DRUGS (PAPERBACK)



Taoway Publishing, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. Acupressure is an ancient Chinese healing art developed over 5000 years ago. Similar to acupuncture using needles on the vital energy points of the meridians, acupressure uses only the fingers to massage on the energy points which activates the body to relief the symptoms and to heal itself. Acupressure massage is very effective in lowering high blood pressure, increasing circulation and vitality, relieving pains and aches, reducing stress and is a superb self-treatment for boosting the body immunity. It is a natural healing method and a safe alternative healing modality for treating hypertension and other associated conditions. There are altogether nine easy exercises in the full routine. The exercises are accompanied by well-illustrated pictures for the locations of the acupressure vital points. All you need is to perform the routine once a day. It will take roughly twenty to thirty minutes and the result is instantaneous. You can also monitor your own progress by measuring your blood pressure before and after performing the acupressure massage routine. In most cases, the systolic pressure will become normalised or have a significant drop after performing a basic twenty to a thirty-minute routine. Diastolic pressure will also have a significant drop corresponding to the systolic pressure drop. In the middle section of the book, it looks into the long-term prevention and treatment for hypertension, including tackling all the major risk factors: Your body weight Diet and lifestyle Excessive caffeine intake Excessive alcohol consumption Insufficient sleep Long term stress Diabetes Medication or oral contraceptives Cardiovascular health The final chapter looks into the strategies of eliminating high blood pressure and its associated illnesses for good using healthy regiment and natural healing methods including: Performing acupressure daily Examine your...

Read Lowering High Blood Pressure with Acupressure: Normalising Your Blood Pressure in 30 Minutes Naturally Without Prescription Drugs (Paperback) Online

Download PDF Lowering High Blood Pressure with Acupressure: Normalising Your Blood Pressure in 30 Minutes
Naturally Without Prescription Drugs (Paperback)

### **Other Books**

	_	-
		-

Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 6: Gran s New Blue Shoes (Hardback) Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It... Save eBook »

Weebies Family Halloween Night English Language: English Language British Full Colour Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and... Save eBook »

The Next Seven Years: A Guide to Help Kids Be Non-Buzzkill, Unicorn Riding, Stand Up Christian Teens. Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Ready to have The Talk with your soon-to-be Teenager? No, of course not.... Save eBook »

=	

iPhone 6 iPhone 6s in 30 Minutes: The Unofficial Guide to the iPhone 6 and iPhone 6s, Including Basic Setup, Easy IOS Tweaks, and Time-Saving Tips

130 Media Corporation, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. In 30 minutes, learn how to unlock the secrets of your... Save eBook »

#### Dog on It! - Everything You Need to Know about Life Is Right There at Your Feet

14 Hands Press, United States, 2013. Paperback. Book Condition: New. 198 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Have you ever told a little white lie? Or maybe a...

Save eBook »