



## High Blood Pressure Diet - Diet for Hypertension Free Life! (Paperback)

By M Usman, John Davidson

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Table of Contents Prelude Getting Started Chapter 1: Overview Chapter 2: Symptoms Chapter 3: Effects of High Blood Pressure Chapter 4: Causes of High Blood Pressure DASH Diet Recipes Chapter 1: Chicken Charred Tomato Broccoli Sala Chapter 2: Tomato Olive Stuffed Portobello Caps Chapter 3: Lasagna Rolls Chapter 4: Red Curry Chapter 5: Chicken Vegetable Curry Conclusion References Author Bio Publisher Prelude In the United States alone, about 1 in 3 adults suffer from high blood pressure, every year. The condition usually comes without any signs or warnings and a person can be prone to it for years without even knowing about its presence. But, its apparent invisibility does not mean that it sits quietly within one s body; while a person is unaware of it, it wreaks havoc within one s body and damages multiple organs. Blood pressure, as will be explained in great detail later, is the force that the blood applies on the walls of the arteries as the heart pumps blood in the body. The pressure by which the blood flows can rise or fall, but if it...

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