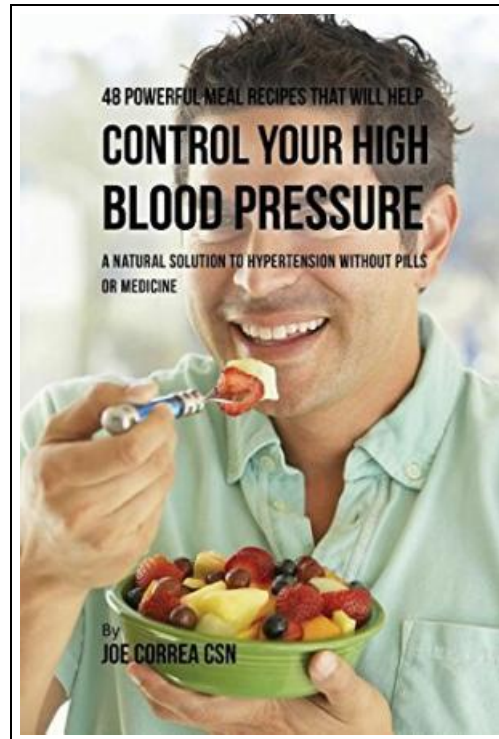


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Live Stronger Faster, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Hypertension or high blood pressure, which many specialists call the silent killer is a very commonly spread condition. It may not be initially noticeable for a very long time but long term it leads to kidney disease, heart attacks, strokes, etc. Not to worry, this condition is very easily preventable and curable, in fact, it s all in your own hands and it s all about your diet. Recipes featured in this book consist of scientifically proven ingredients to lower your blood pressure like: beans, broccoli, buckwheat, red peppers, low fat dairy and, generally speaking, foods rich in calcium, potassium and magnesium. While your main goal might be to lower or prevent high blood pressure, some additional benefits of incorporating these low fat recipes into your diet may be: weight loss, digestive health improvement, and a major energy and positivity boost. This book presents all kinds of recipes with a variety of ingredients such as: vegetables, fruits, low fat dairy, nuts, grains, and spices. These recipes do not contain salt or sugar but perfectly compensate for that with spices and all kinds of natural sweeteners like honey. Needless to say, this book will serve you as a guide, leading you to your ideal weight, while achieving health and lowered blood pressure.



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