



Lower Your High Blood Pressure Naturally: Without a Prescription (Paperback)

By Ronald E Hudkins

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book Lower Your High Blood Pressure Naturally, Without a Prescription is of interest to anyone with a tendency to high blood pressure and would like to keep their Hypertension under control without resorting to medications. The information on herbs, supplements, diet, physical activity, and more in this easy-to-follow book can help you lower your blood pressure so that you can decrease your risk of heart attack and stroke. The non-pharmaceutical treatment of this important risk factor for heart disease is contained in this well-written, laconic book making it a must-read for every person suffering from or treating high blood pressure. High blood pressure is deadly. In America, 1 in 3 people have high blood pressure. Around the world, hypertension remains a leading cause of numerous chronic illnesses. Despite many realizing that controlling hypertension is an important part of healthy living, not many people actually understand hypertension. However, there is great news. When it comes to getting high blood pressure under control and lowering blood pressure naturally, the alternative methods explained in this book are many! If you or somebody...

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