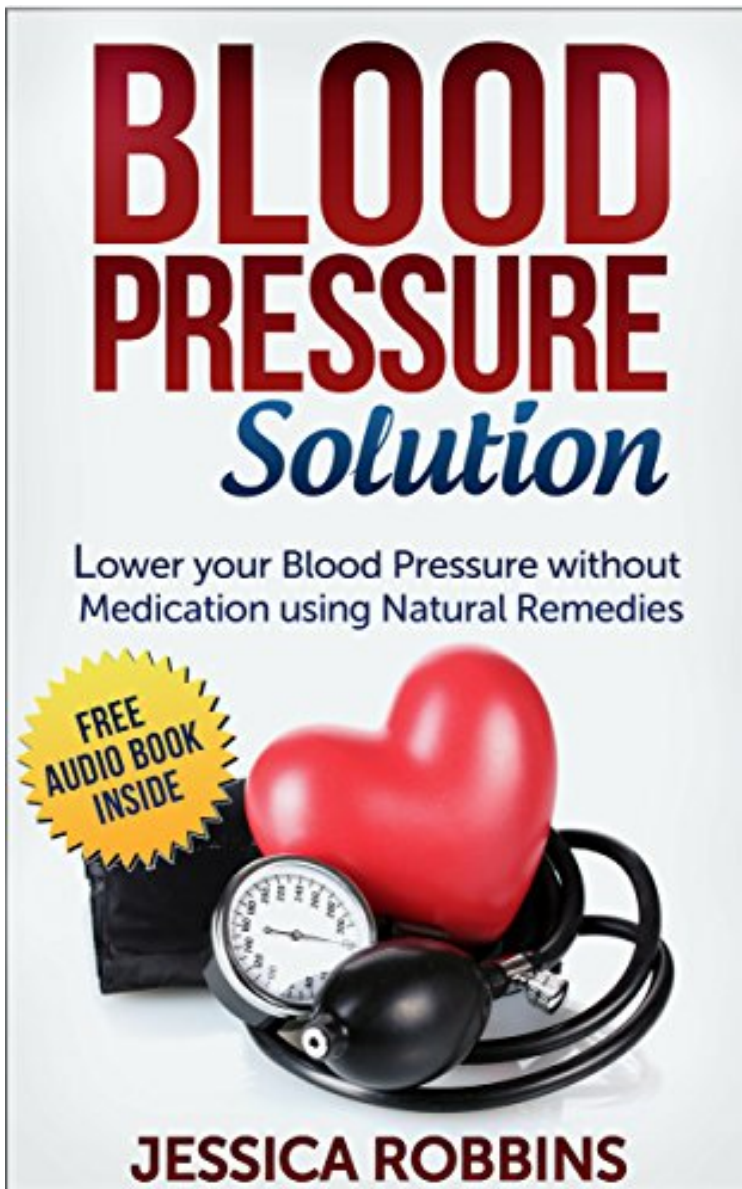


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Blood Pressure Solution: How to lower your Blood Pressure without medication using Natural Remedies (English Edition)



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Description :

Prsentation de l'diteurDISCOVER: How to lower your BLOOD PRESSURE without medication using NATURAL REMEDIESWorried about your ever increasing Blood Pressure? Looking for ways to lower and maintain your blood pressure? Fed up of depending on medications to improve your health? Stressed out

about contracting cardio vascular diseases or diabetes because of hypertension? Not sure how to reduce your stress levels and body weight in order to lower your blood pressure? Combining various natural remedies is the solution. Benefits of Using Natural Solutions like Herbal Remedies Medications are not the only solution for treating all health conditions. People have traditionally used many herbal remedies and other natural solutions to combat diseases and lead a healthy lifestyle. Hypertension or high Blood Pressure, especially, is a health condition for which even doctors recommend alternate therapies in addition to the medicines they prescribe. Getting into an exercise regime, practicing stress relief techniques, adopting a healthy diet like the DASH diet, taking herbal supplements, switching your cooking oil, quitting smoking, regularly monitoring your BP at home etc. are sure-shot ways to reduce elevated blood pressure in your body. Even if you are under medication, it is suggested that you include natural and healthy therapies to reduce your hypertension.

This book would take you through the Various Natural Therapies that have proven positive effects on lowering blood pressure. **DOWNLOAD: Blood Pressure Solution: How to lower your BLOOD PRESSURE without medication using NATURAL REMEDIES Here Is A Preview Of What You'll Learn in this book...** What is Blood Pressure? Who is at a risk of developing high BP? What are the side effects of hypertension? What are the benefits of lowering high BP? How to use a Blood Pressure Monitor at home? What's the best diet plan to follow for hypertension? What vitamin and mineral supplements are recommended? How to combat stress using techniques like Tai Chi, Bio Feedback etc.? **BONUS CHAPTER on DASH Diet recipes for Breakfast, Lunch Dinner And much, much more! Includes 28 SUPER FOODS THAT REDUCE HIGH BLOOD PRESSURE** Download your copy today by scrolling to the top and clicking the **BUY NOW** button! Tags: Blood Pressure, High Blood Pressure, Blood Pressure Solution, Blood Pressure Cure, Blood Pressure Diet, Herbal Remedies, Natural Remedies, Naturopathy, Hypertension, DASH diet, DASH diet recipes, lower blood pressure, lower your blood pressure, lowering blood pressure, lowering blood pressure naturally, lowering your blood pressure, hypertension treatment, hypertension diet

Présentation de l'auteur DISCOVER: How to lower your BLOOD PRESSURE without medication using NATURAL REMEDIES Worried about your ever increasing Blood Pressure? Looking for ways to lower and maintain your blood pressure? Fed up of depending on medications to improve your health? Stressed out about contracting cardio vascular diseases or diabetes because of hypertension? Not sure how to reduce your stress levels and body weight in order to lower your blood pressure? Combining various natural remedies is the solution. Benefits of Using Natural Solutions like Herbal Remedies Medications are not the only solution for treating all health conditions. People have traditionally used many herbal remedies and other natural solutions to combat diseases and lead a healthy lifestyle. Hypertension or high Blood Pressure, especially, is a health condition for which even doctors recommend alternate therapies in addition to the medicines they prescribe. Getting into an exercise regime, practicing stress relief techniques, adopting a healthy diet like the DASH diet, taking herbal supplements, switching your cooking oil, quitting smoking, regularly monitoring your BP at home etc. are sure-shot ways to reduce elevated blood pressure in your body. Even if you are under medication, it is suggested that you include natural and healthy therapies to reduce your hypertension.

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Biographie de l'auteur Jessica Robbins is a best-selling author from San Francisco, California. Some of her books like Oil Pulling Therapy and Essential Oils Aromatherapy have topped the bestseller charts as soon as they were launched. She believes that natural home remedies have the cure for most of the lifestyle-related diseases and ailments. A therapeutic dietitian by profession, Jessica has been researching on the healing properties of food for more than two decades. Her search for herbal remedies has taken her to places

like India and China where she got the opportunity to discover the traditional ways to heal illness without modern medications. Jessica is passionate about sharing her knowledge through her books. She lives with her husband Gary and her dog Sasha and enjoys spending the weekends with her grand children.