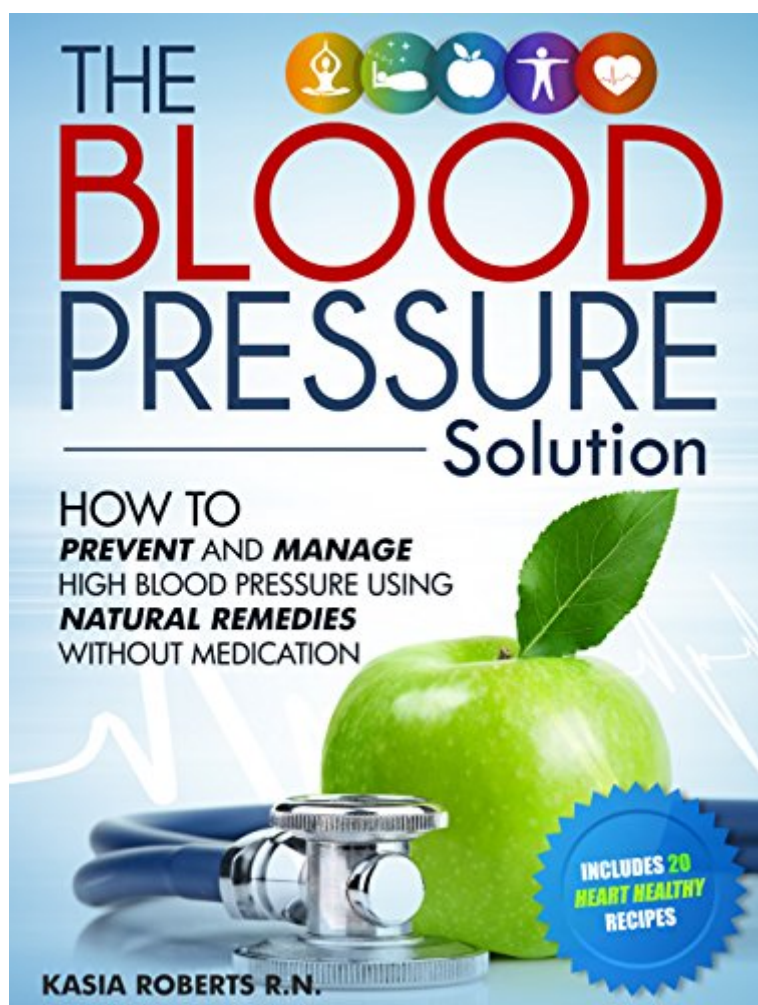


The book was found

Blood Pressure Solution: How To Prevent And Manage High Blood Pressure Using Natural Remedies Without Medication



Synopsis

Worried About High Blood Pressure??? The Key to Lowering Blood Pressure is Combining Several Natural Solutions for A Synergistic Effect Are you or someone you know suffering from high blood pressure? Would you like to know how to prevent and manage high blood pressure with natural solutions and without medication? Are you ready to take control of your health starting today? * * * LIMITED TIME OFFER \$2.99 REGULARLY PRICED AT \$4.99 * * * One in three people in the western world is currently suffering from high blood pressure. Despite its asymptomatic, silent-like qualities, high blood pressure yields incredibly scary symptoms, ultimately resolving itself in heart failure, heart attack, stroke, kidney failure, and even death. Instead of looking to the serious medications currently designated by medical doctors, teach yourself how to lower your high blood pressure at home utilizing proper exercise techniques, essential lifestyle alterations, natural herbs and superfoods. Also learn how to make 20 of the most delicious, low-sodium recipes around: appetizers, main dishes, and desserts. Understand the disease on a different level: who is at risk, what itâ€™s doing to your body, and how to stop it. Promote your health and lower your blood pressure numbers naturally. You can promote wellness with easeâ€”and without the paymentsâ€”at home. Allow this e-book to guide you on your road to normalized blood pressure and boost your longevity and odds at greater health along the way. You will learn:-Who Is At Risk And How You Can Lower Your Risk -How to Control High Blood Pressure With Diet-Which Superfoods Fight High Blood Pressure-Which Natural Remedies And Herbs Lower Blood Pressure-How to Monitor Blood Pressure at Home-Difference between Table Salt and Sea Salt-Myths About Salt -20 Delicious Heart Healthy Recipes -Much Much More! SCROLL UP AND CLICK BUY TO DOWNLOAD YOUR COPY INSTANTLY

Book Information

File Size: 2944 KB

Print Length: 116 pages

Page Numbers Source ISBN: 1503136345

Simultaneous Device Usage: Unlimited

Publisher: The Fruitful Mind (November 1, 2014)

Publication Date: November 1, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00P5894J0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #178,310 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #37

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Heart Healthy #48

in Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic > Naturopathy #50

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Naturopathy

Customer Reviews

Thin book. Big font. Huge margins. Half of it is "recipes."Written at a 9th grade level.If you have any concept of high BP to begin with, skip this book. Nothing new. She states the most basic concepts as if they are new.Furthermore, she uses the term "furthermore" like it is the greatest word ever invented. It was so overused that I couldn't read on.Look at the photo for an example. Every other page was like this.

I purchased this book and I found it really helpful in reducing blood pressure naturally. What I did was to take excellent notes and practiced what I learned from this book on myself and also on a friend. The results: My blood pressure went back to normal 110/70 in one month (it was 130/80). My friend's went from 185/90 to 125/80 in one month.What helped both of us the most is the Dash Diet and the recipes in this book. Each recipe has nutrition information (calories, sodium, carbs, fat and protein).After reading this book, I discovered that we both were consuming excessive salt. Just cutting down on salt has made a difference with our blood pressure. Also the Dash diet and recipes in this book have more protein and less carbs and more veggies.This book, I am keeping as a overall reference book and cookbook all in one.One more thing: We each are still seeing our doctors (he is on medication and still taking these at this time). I am not on medications at all. In addition, both of us monitor our blood pressure several times per week.This book has been a true lifestyle change and I am eating healthy and my blood pressure now shows the happy results!Highly recommend this book!

The book could use a real editor to catch a lot of dumb mistakes that might not be caught by all readers...thereby perhaps endangering them. On top of that, it is formatted as an e-book and could

be printed in 70% less pages, making it a large pamphlet and hardly a book at all. To be fair, I think that there is some good info in this book, but also that there is a fair amount of erroneous and even false info in this book. Actually, I feel a bit cheated, but probably a lot less cheated than those who might have bought the high-priced package of items available elsewhere on the internet which include this book. Two of many errors: 1. There is one "healthy" recipe in the book which declares that there is "Sodium: 18 g" in one serving of Rosemary Potato skins! It may contain that much sodium... really? Seems like a lot. Or did the author intend: "18 mg"? I don't know 2. A four line quote from page 54: "After all: all minerals, all mineral supplements, all electrolytes, are formations of salt with a bit of vitamin C." I am reminded to, "Be careful".

There really isn't much new in this book. I guess I was looking for an easy solution to my problem. It is a good guide, but the contents have already been explained by my doctor and through the hand-out literature at my doctor's office.

While I don't personally have a problem with high blood pressure, we all had a huge shock in my family when we discovered that my 6-year-old nephew does. Sad, but true. Like it or not, I think we all have people close to us who suffer from high blood pressure, meaning we all have a responsibility to educate ourselves about this serious health condition. I was very interested to read the section on salt, which dispelled a lot of the myths I've heard elsewhere. As I personally prefer to avoid medication whenever possible, I was particularly interested in the section on diet. Finally, here is a book which talks about the links between sugar and high blood pressure! I'll definitely be making some changes to my family's diet based on these recommendations.

I've been on Blood Pressure for 6 years and after a month of following the tips and steps in this book my BP went to 115/70 and I'm 60 years old. It makes good sense to learn about the junk foods and eliminating them from your diet. Amazing you are what you eat!!

A lot of people are dealing with high blood pressure by taking medications when in fact if they were to alter their diets, no meds would be needed. This book is the first step toward that solution. Filled with up to date information as well as nutritious and delicious recipes, author Kasia Roberts has given us a fantastic way to not only get healthy but to maintain it. Written in a simple yet engaging fashion and professionally formatted, this book is the answer!

Concise and full of valuable information. My mother died of a stroke caused by high blood pressure. Fortunately I don't have high blood pressure, so the tips on prevention were of special interest to me. The explanation of current medicines to treat high blood pressure was very good. Makes you want to work on prevention even more.

[Download to continue reading...](#)

Blood Pressure Solution: How To Prevent And Manage High Blood Pressure Using Natural Remedies Without Medication High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI) Blood Pressure Box set: Blood Pressure Solution - How To Lower Your Blood Pressure & Cholesterol Without Medication, Just By Using Natural Remedies and Diet! Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) High Blood Pressure Solution: Simple Lifestyle Changes to Lower Blood Pressure Naturally and Prevent Heart Disease High Blood Pressure Explained: Natural, Effective, Drug-Free Treatment for the "Silent Killer": (Blood Pressure, Hypertension, Heart Health, Naturopathy, Natural Remedies) Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Pressure Cooker: Mouthwatering Pressure Cooker Recipes - Granny's Pick Size L Recipes Collections(Pressure Cooking,Pressure Cooker Books,Pressure Cooker Recipe Book, Pressure Cooker Dump Dinner) Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating) Pressure Cooker Cookbook: 3 In 1 Box Set - 310 Mouth-Watering and Healthy Pressure Cooker Recipes for Stove Top and Electric Pressure Cookers (Pressure Cooker, Pressure Cooker Recipes) Organic Home Remedies Vol.2 - The BEST No Prescription Needed Guide to Using Natural Remedies to Cure and Detoxify Your Self (Organic Home Remedies Guide, ... Healing, No Prescription Medicines) Essential Oils 2016: 200 Natural Beauty Recipes: Diffusers, Skin Care Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book, Natural Remedies) (Home Remedies, Aromatherapy) The DASH Diet Action Plan: Proven to Lower Blood Pressure and Cholesterol Without Medication (A DASH Diet Book) The High Blood Pressure Solution: Natural Prevention and Cure With the K Factor The Bible Cure for High Blood Pressure: Ancient Truths, Natural Remedies and the Latest Findings for Your Health Today (New Bible Cure (Siloam)) Natural

Remedies For Colds And Flu: How To Boost Your Immune System, Protect Yourself Naturally and Prevent Colds and Influenza with Herbal Remedies and Easy Lifestyle Changes The Everything
DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without ... Boost your energy, and Stay healthy for life! Lower Your Blood Pressure Naturally: Drop Pounds and Slash Your Blood Pressure in 6 Weeks Without Drugs Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks--Without Prescription Drugs

[Dmca](#)