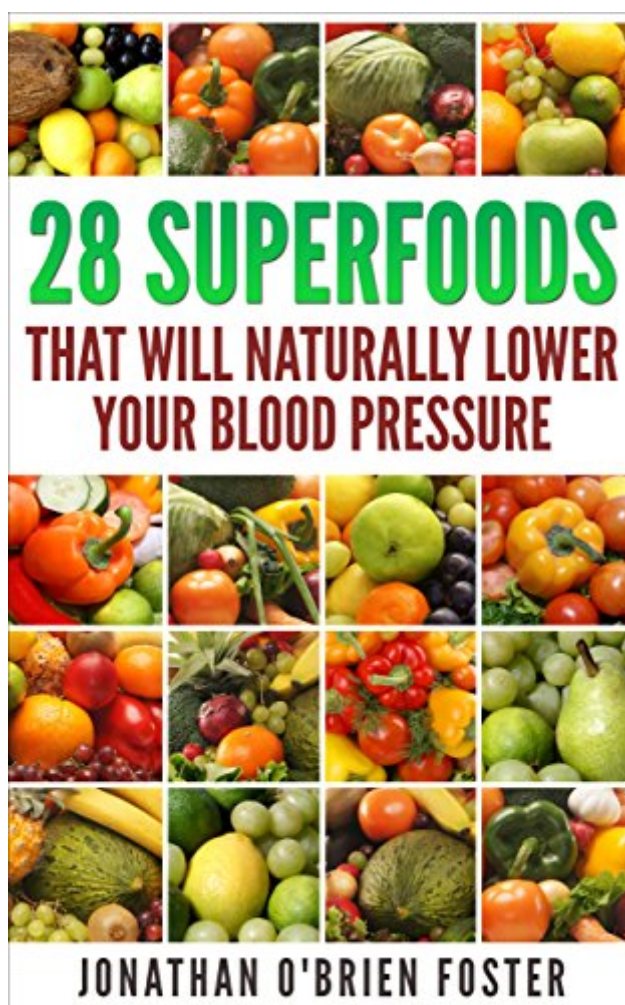


The book was found

# Blood Pressure Solutions: Blood Pressure: 28 Super-foods That Will Naturally Lower Your Blood Pressure (super Foods, Dash Diet, low Salt, Healthy Eating)



## Synopsis

High blood pressure is a common problem that unfortunately affects many people around the world today. There are several different ways in which high blood pressure manifests itself in a given individual, and the causes of this problem range between a wide variety of different factors that can come from inside your body as well as outside. Although high blood pressure is found in many adults and a growing number of children every year, there are tons of ways to combat the issue. If you have been diagnosed with high blood pressure recently, you may be wondering what you can do to help reduce the amount of medication you have to take and significantly increase your chances for maintaining a healthy blood pressure on your own. Read on to discover plenty of tips for keeping your blood pressure in check by incorporating over twenty different Super-foods into your diet. Your heart and body will thank you!

## Book Information

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## Customer Reviews

This book provides a helpful breakdown of the causes of high blood pressure and ways to combat it naturally through healthy eating. As a person with high BP who has to take medication for it, I can tell you that the medicine makes me feel ill and I want to get off of it as soon as possible. The book

goes through all the basics that anyone who has recently been diagnosed with high BP would need to know in order to deal with the illness in a smart and effective way.

The recipes are so easy and will surely make you feel energized all day. I think there should be more food recipes included inside the book. Healthy living is really important to me because I have an active life style. I will surely try the recipes included and hope that it works.

This book is a must have on any bookshelf. The recipes in it are so simple and easy to understand! The information layed out in it is well done and I think anybody who has a history of high blood pressure or even has a friend or a loved one who suffers from it should definitely pass this book along to them! You could be saving their life!!

Always helpful to be able to recognize the fruits and vegetables that are an excellent " adjunct " to your traditional prescription medications.

This is a good book with a lot of tips and information to lower the blood pressure. The suggestions would be good for anyone.

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