Blood Pressure Blood Pressure Solution The Step By Step Guide To Lowering High Blood Pressure The Natural Way In 30 Days Natural Remedies To Reduce Hypertension Without Medication

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proves that the majority of cases of stroke heart attack and hypertension can easily be prevented by maintaining the proper

Blood Pressure Blood Pressure Solution The Step By Step Guide To Lowering High Blood Pressure The Natural Way In 30 Days Natural Remedies To Reduce ratio of potassium to sodium in Hyppertensiem Withpust Medication scientific evidence from a recent finnish study showing a 60 percent decline in deaths attributed to strokes and heart attacks provides a comprehensive program for balancing body chemistry at the cellular level high blood pressure is entirely preventable without reliance on synthetic drugs dr moore s approach is simple by maintaining the proper ratio of potassium to sodium in the diet blood pressure can be regulated at the cellular level preventing the development of hypertension and the high incidence of strokes and heart attacks associated with it dr moore updates this edition with a new preface reporting on the latest scientific research in support of his program the most striking results come from finland where for several decades sodium chloride has been replaced nationwide with a commercial sodium potassium mixture resulting in a 60 percent decline nationwide in deaths attributed to strokes and heart attacks extrapolated to america the finnish statistics would mean 360 000 strokes prevented and 96 000 lives saved every year dr moore makes it clear that high blood pressure is only one symptom of an entire systemic imbalance he outlines a safe effective program that focuses on nutrition weight loss and exercise to bring the entire body chemistry into balance for those currently taking blood pressure medications he includes a chapter on working with your physician to ensure that any reduction in hypertension drugs can be effected gradually and safely

high blood pressure and hypertension are a serious problem in this book we will go over the proven process to successfully prevent control and lower high blood pressure by implementing the strategies listed within this book you will be well on your way to successfully lowering your blood pressure and increasing the quality of your life

blood pressure series book 1 includes a free bonus book super foods for super health with close to a third of adult americans have been diagnosed with high blood pressure and hypertension yet over 50 of diagnosed patients don t have it under control high blood pressure and hypertension are a serious problem the good news is blood pressure and hypertension is easily treatable in this book we will go over the proven process to successfully prevent control and lower high blood pressure by implementing the strategies listed within this book you will be well on your way to successfully lowering your blood pressure

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are you one of the millions of people worldwide affected by hypertension hypertension or as it is more commonly known as high blood pressure is an incredibly common disease that affects millions of lives worldwide in the united states alone over 3 million new cases of hypertension are diagnosed every year with this number rising at an alarming rate you can never be too cautious perhaps you are already diagnosed with hypertension perhaps you are diagnosed with pre hypertension

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