



Lower Your Blood Pressure Naturally: Drop Pounds and Slash Your Blood Pressure in 6 Weeks Without Drugs

Sari Harrar, Suzanne Steinbaum

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We are in the midst of a blood pressure crisis. Nearly 70 million Americans have been diagnosed with hypertension and just 56 percent of them have it under control. Another 51 million (30 percent of the population) have prehypertension. Hypertension is responsible for 69 percent of first heart attacks and 77 percent of first strokes. But there is good news: High blood pressure is very responsive to lifestyle changes. And the more changes you make, the greater your results.

Lower Your Blood Pressure Naturally by Sari Harrar provides readers with a comprehensive lifestyle plan. Readers will follow the Power Mineral Diet, which centers on 13 delicious powerful blood pressure-lowering foods, along with an easy, doable exercise program that combines the proven effectiveness of cardio, strength training, and yoga on blood pressure. Not only do these methods help lower blood pressure on their own, they promote fast, sustainable weight loss, which has an independent blood pressure-lowering effect.

With daily meal plans, flavorful, versatile spice blends, 50 recipes, plus Power Mineral smoothies and desserts, the plan proves that a heart-healthy diet need not be bland or boring. *Lower Your Blood Pressure Naturally* offers one of the easiest and most effective ways to conquer hypertension yet.

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In this period globalization it is important to someone to receive information. The information will make anyone to understand the condition of the world. The fitness of the world makes the information quicker to share. You can find a lot of personal references to get information example: internet, newspapers, book, and soon. You will see that now, a lot of publisher that print many kinds of book. The book that recommended to your account is Lower Your Blood Pressure Naturally: Drop Pounds and Slash Your Blood Pressure in 6 Weeks Without Drugs this reserve consist a lot of the information with the condition of this world now. This book was represented so why is the world has grown up. The words styles that writer use to explain it is easy to understand. The particular writer made some analysis when he makes this book. Here is why this book suited all of you.

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