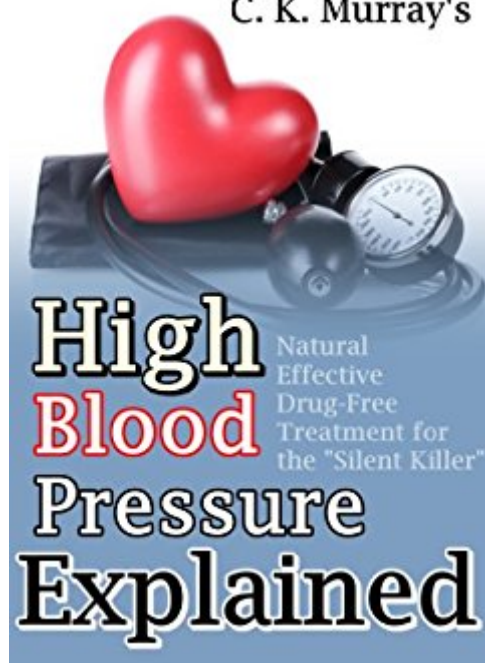


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# High Blood Pressure Explained: Natural, Effective, Drug-Free Treatment For The "Silent Killer": (Blood Pressure, Hypertension, Heart Health, Naturopathy, Natural Remedies)

C. K. Murray's



## Synopsis

The NATURAL Blood Pressure Solution Learn EFFECTIVE TREATMENT for "The Silent Killer" High blood pressure is deadly. Across the world, hypertension continues to be a leading cause of numerous chronic illnesses. In America, roughly 1 in 3 people have high blood pressure. Although many of us realize that controlling hypertension is an important part of healthy living, very few people actually understand how to reduce hypertension. Fortunately, there is good news. When it comes to controlling high blood pressure and lowering blood pressure naturally, the alternatives are many! Even for eldercare. Learn natural remedies for lasting heart health! If you or somebody you know struggles with controlling high blood pressure, it's time to get informed. Lack of effective hypertension treatment leads to poor general health, reduced heart health, increased risk of heart attack, higher likelihood of stroke, kidney failure, sexual dysfunction, sleep disorders--and premature death. Basically, controlling hypertension can be a matter of life and death. And before attacking that silent killer through drugs, we should all consider the natural blood pressure solution. There are plenty of natural, effective, drug-free treatments for the silent killer. Let natural remedies improve your heart and your life. Don't delay! Stop the silent killer naturally. Don't play with fire by risking expensive procedures, invasive measures, and potentially dangerous drugs. Learn the causes, know the symptoms, and take advantage of the latest, scientifically proven treatments... High Blood Pressure Explained: Natural, Effective, Drug-Free Treatment for the "Silent Killer" • Here is a preview of what you'll learn... What is blood pressure? Are YOU at risk for high blood pressure? What are the symptoms of high blood pressure? What foods and supplements treat hypertension? What stress management techniques reduce hypertension? What lifestyle 'hacks' significantly reduce hypertension? How do YOU effectively monitor and control your hypertension? And more!

Ch. 1 -- Introduction to Blood Pressure  
Ch. 2 -- Know What to Look For! Subtle and Severe Symptoms of Hypertension  
Ch. 3 -- Where It Came From "The Numerous and Treatable Causes of Hypertension"  
Ch. 4 -- EASY and NATURAL Strategies for Blood Pressure Reduction  
Ch. 5 -- 18 AMAZING Foods for Reducing Hypertension  
Ch. 6 -- 8 Foods that are TERRIBLE for Hypertension  
Ch. 7 -- The Fear Factor: Understanding "White Coat" Syndrome  
Ch. 8 -- Know Your Numbers! How to Make Sense of Your Blood Pressure Reading

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## Book Information

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## Customer Reviews

This book delivers on its promises! I feel that this is a great guide to explaining the causes of high blood pressure. This is a detailed book which covers a lot of ground on this topic, but keeps it very organized, and easy to understand. I really like the clarity of this book. Clearly written by a seasoned eBook author who can use the format to bring out clear, easy-to-read information. A very professional offering.

This is an overall, well-rounded quality guide on high blood pressure. It runs deep in our family so I got some good tips on what to do in order to prevent myself from getting it. It also has good info for those already suffering from high blood pressure, and thus is a very good guide for anyone to learn about the subject.

This book contains great information on high blood pressure (hypertension). We always hear about the danger of high blood pressure, but it seems like most people, including myself didn't know exactly what high blood pressure is. This book does a great job explaining it, and also gives great

tips on what foods are good to eat, what foods are not good to eat, and some basic guidelines to follow to help reduce high blood pressure.

'High Blood Pressure Explained' is a 'must-read' resource for those diagnosed with high blood pressure. Instead of the 'take a pill' philosophy, it uncovers alternative and natural ways to combat this silent killer. In my own life, I have noticed my parents and other elderly folk are prescribed 'high blood pressure' medication without the education of healthier options. C.K. Murray discusses the good and bad of foods and lifestyle, as well as the power of positive thinking. Informative, factual and easy to read - it's one of the better resources on hypertension.

I loved the book. It gave me many good pointers on keeping blood pressure under control. I have already started working with some of the pointers. It's so good to know that weight plays such a big role in almost every health condition there is, and to know that I can work on this issue first and foremost.

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