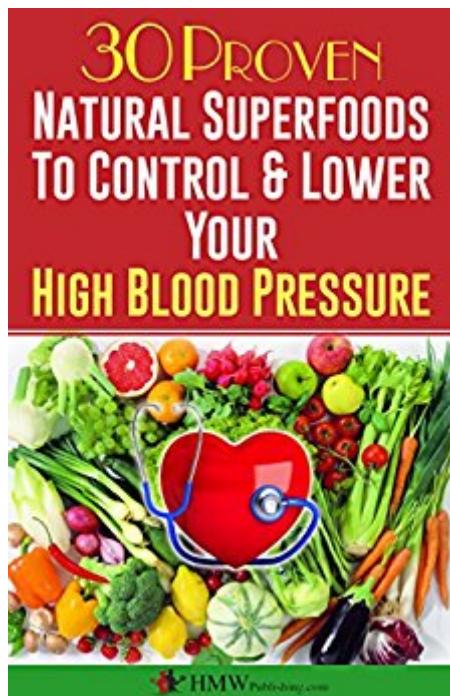


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# **Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1)**



## Synopsis

The rising number of people affected by high blood pressure had brought awareness to the public but being aware of the sickness or its presence is not enough to exclude you from its deadly fang. For decades, this sickness had been ignored and overlooked because of its silent symptoms which earned it the title of being the "Silent Killer" but as government's efforts are driven towards minimizing if not totally eliminating its presence; attention to this illness is being brought forward to the public. (Read this book for FREE on Kindle Unlimited - Download Now!) If you are one of those many people who are not comfortable living with the idea that you could be one of those many who is affected by this illness without actually knowing it, this book, "Proven Natural Ways to Lower High Blood Pressure: Healthy LifestyleMind EmpowermentNatural Remedies" is prepared to equip you with the basic knowledge about high blood pressure and how to reverse it naturally if you have it without the use of drug medications. Furthermore, while we are into the treatment of high blood pressure, we likewise should be aware of its preventive measures. Know all the important facts about this silent killer and live a healthier life! BONUS OFFER #1 - FREE Fitness eBook Included (Regularly priced at \$19.99 but yours free today!): Receive our "7 Fitness Mistakes You Don't Know You're Making" book report and a 7-part video series training course! This bonus course breaks down many of the complexities and science of getting into shape by providing you with all the key information in a digestible way for you to be able to easily follow and get results. Having all this fitness knowledge and science organized into an actionable step-by-step course will help you get started in the right direction in your fitness journey! A SPECIAL OFFER: OVER 50% DISCOUNT DOWNLOAD TODAY FOR ONLY \$2.99! (regularly priced at \$5.99) Go to the top of the page and click the button on the right to order now for a limited time discount of only \$2.99! You'll be so glad you did!

## Book Information

File Size: 2665 KB

Print Length: 66 pages

Publication Date: January 26, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B01N7WITLO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #148,822 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #27

inÃ  Kindle Store > Kindle eBooks > Medical eBooks > Internal Medicine > Cardiology #48

inÃ  Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Safety & First Aid #158

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## **Customer Reviews**

Good review of blood pressure issues. I was pretty sure I understood the basics of high blood pressure. This quick read gets to the point on a lot of topics surrounding the symptom itself. In addition to an overview, there are a lot of tips and pointers to consider, as well as good explanations of the types of foods that should work in your favor. So, even though I thought I was pretty educated, I picked up a lot more perspective and holistic advice on how to deal with the problem.

HiThis is a great book on the subject of high blood pressure. It's well written and in depth in its approach and also it is quite comprehensive. With a title suggesting 20 superfoods I thought it would just be a book about superfoods but actually it covers such topics as causes and symptoms, strategies for dealing with high blood pressure, herbal remedies, stress management and even meditation.Certainly worth a read for anyone who is suffering from high blood pressure and who wants to find out new ways to balance their blood pressure levels naturally!

I'm a firm believer in the natural approach to better health after all herbal remedies have been around forever. I was familiar with some of the suggestions but learned several new foods to try. The dangers outlined in the book were frightening and should motivate anyone to take action to control high blood pressure the natural way.

Very helpful book. As i am in my mid 50's and high blood pressure is a real concern, i found this book to be filled with great information of the correct foods to eat to enable me to control my blood pressure so i do not have any health problems. Implementing the information now.

This book is a waste of money. It is full of nothing but generic information that can be found on the internet. The 14 people who gave it such rave reviews are probably friend of the author, whoever that is. Oh, that's another thing. There is no clue as to who the author is other than HMW publishing. Save your money and don't buy this book.

Things I tried were good

This book goes into the causes and effect high blood pressure can have in your body but also how anyone can reduce and even virtually eliminate these symptom for good solely through the use of improved eating habits. I'd recommend it to anyone willing to extend their life span and live an energetic life.

This book provides a lot of useful information about lowering your blood pressure and maintaining health in a natural way. I am a firm believer that the majority of illnesses can be cured and prevented by implementing a healthy lifestyle. This book was a great read and I enjoyed all the tips.

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Blood ... Hypertension, Blood Pressure Solutions.) DASH Diet: Dash Diet Recipes for Weight Loss, Lower Blood Pressure and Cholesterol Beginners Cookbook (DASH Diet, Lower Blood Pressure, DASH Diet Recipes) Blood Pressure Solution: The Path to Naturally Lower and Control your Blood Pressure, Without Medication Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating) The Blood Pressure Solution: 40 Natural Ways To Lower Your Blood Pressure Without Drugs or Expensive Procedures (Natural Health Guide Book 1) High Blood Pressure Explained: Natural, Effective, Drug-Free Treatment for the "Silent Killer": (Blood Pressure, Hypertension, Heart Health, Naturopathy, Natural Remedies) DASH Diet: The Ultimate DASH Diet Guide to Lose Weight, Lower Blood Pressure, and Stop Hypertension Fast: DASH Diet Series, Book 2 Diabetes: 60+ Powerful Diabetic Superfoods to Reverse Diabetes, Regulate Insulin, Control Blood Sugar, and Lower Blood Pressure (Diabetes Diet, Diabetic, ... Type 2 Diabetes, Insulin Resistance Book 1) The HeartMath Approach to Managing Hypertension: The Proven, Natural Way to Lower Your Blood Pressure Dash Diet: 365 Days of Low Salt, Dash Diet Recipes For Lower Cholesterol, Lower Blood Pressure and Fat Loss Without Medication (Dash Diet Recipes, Weight ... Diabetes, Low Sodium, Dash Diet Cookbook) 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! Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins)

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