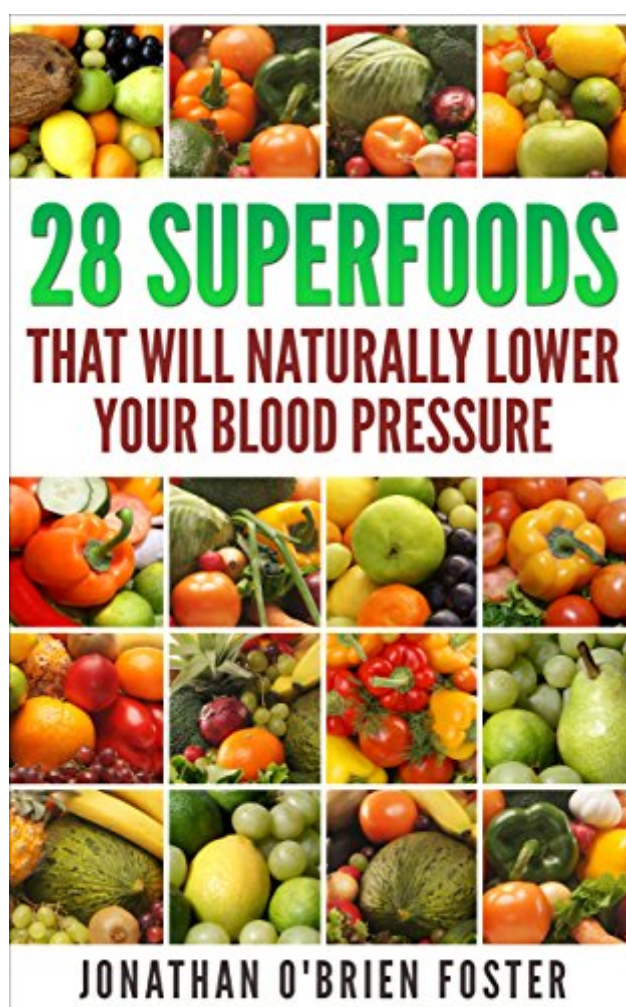


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# **Blood Pressure Solutions: Blood Pressure: 28 Super-foods That Will Naturally Lower Your Blood Pressure (super Foods, Dash Diet, low Salt, Healthy Eating)**



## 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

File Size: 3368 KB

Print Length: 44 pages

Simultaneous Device Usage: Unlimited

Publication Date: April 3, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01DSHYKN4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #61,276 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #11 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Salt #22 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Salt #37 inÂ Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Cookbooks, Food & Wine

## 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 receipes 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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High BI) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Dash Diet for Beginners: 200 No Salt/Low Sodium Recipes For Being Heart Healthy Living Vol. 1: Dash Diet for Beginners: DASH Diet Recipes: 50 Heart Healthy 30 MINUTE Low Fat, Low Sodium, Low Cholesterol DASH Diet Recipes to Help You Lose Weight Fast and Prevent Heart Disease, Stroke, Diabetes and Cancer Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) The Everyday DASH Diet Cookbook: Over 150 Fresh and Delicious Recipes to Speed Weight Loss, Lower Blood Pressure, and Prevent Diabetes (A DASH Diet Book) The DASH Diet Action Plan: Proven to Lower Blood Pressure and Cholesterol Without Medication (A DASH Diet Book) Healthy Appetizers: Easy to Make. Low Carb, Low Fat, Low Calorie Appetizers (Atkins diet, dash diet, ketogenic diet, keto, candida, lyme disease, fibromyalgia,south ... beach diet, TLC diet, Gluten Free, Paleo) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat)

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