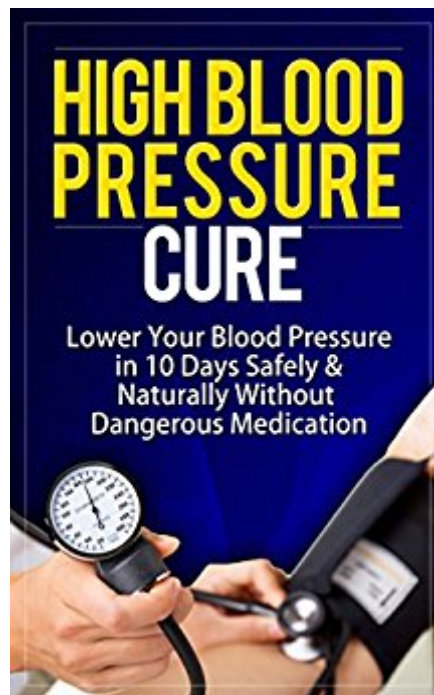


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# High Blood Pressure Cure: How To Lower Blood Pressure Naturally In 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures For High Blood Pressure, High Bl)



## Synopsis

High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days Without Medication Today only, get this amazingly informative and very popular book High Blood Pressure Cures for just \$3.23. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Based on the 2013 report presented by the Center for Disease Control and Prevention, over 67 million or 31% of American adults have high blood pressure that is one of every three adults. It's important to understand that high blood pressure is NOT a disease and putting too much faith in drugs as a cure is the lazy man's approach to solving the problem that can result in all kinds of other complications. In 2009 alone, there were more than 2.1 million U.S. emergency rooms visits due to adverse reactions to prescription medications. Prescription drugs in general now kill more individuals as compared to illegal drugs. Although hypertension medication can lower blood pressure in the short run, it fails to address the root cause and you may end up just trading in one form of illness for another- and who's to say the next one won't be twice as bad? If you want to be healthy and avoid all the side effects and complications of associated with prescription medication, you're going to need start being proactive. Start by educating yourself. The natural remedies presented in this book have been shown to be incredibly effective. We will show you how certain simple tweaks to your diet can drop your blood pressure significantly in less than 10 days. Here Is A Preview Of What You'll Learn... One tip that will cause your blood pressure to plummet in less 10 days How to reverse 'essential hypertension' which is notoriously difficult to treat How to keep your blood pressure firmly under control for the rest of your life. The truth about beta blockers, alpha blockers and other dangerous pharmaceutical blood pressure "cures" Which common everyday beverage has been proven to lower blood pressure The hard facts on salt and what you DON'T know about the devastating effect of this all too common seasoning on your heart. The AMAZING high-blood-pressure eradicating power of potassium. The common and powerful seasoning that can keep your arteries from hardening and improve your circulation. How your high blood pressure can develop into diabetes Much, much more! Download your copy today! Take action today and download this book for a limited time discount of only \$3.23! Tags: Blood Pressure, High Blood Pressure, Blood Pressure Solution, Blood Pressure Cure, Blood Pressure Diet, Herbal Remedies, Natural Remedies, Naturopathy, Hypertension, DASH diet, DASH diet recipes, lower blood pressure, lower your blood pressure, lowering blood pressure, lowering blood pressure naturally, lowering your blood pressure, hypertension treatment, hypertension diet, natural cures for high blood pressure, high blood pressure cures,

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## Customer Reviews

I want to deal with my high blood pressure with as many natural suppliments and eating choices as possible. I did get some tips on this. But there is so much that has only partial information. For instance, the author tells us that magnesium should be combined with calcium. So far, that seems helpful. Then we are told to keep the balance of these two in a ratio of more magnesium than calcium. What is that supposed to mean? Another: Take vitamin C. Ok. How much? Still another: Vitamin D3 is important but be careful to not take too much??? Just what is too much and how do I figure that out? More confusion: Don't take a potassium suppliment but, instead juice green veggies. How important is this?? What's wrong with a suppliment? Is it harmful somehow or just not a perfect source of potasium? So many unanswered questions. Who is this author? What qualifications does she have? When was the book written? When I use health recommendations, I want to know that the sources are reliable. The suggestions seem ok as far as the information goes but no proof offered. If a writer is not someone who has English as a first language, please get someone well versed in the language to proofread. Really strange sentence structure or odd phrasing does not

inspire confidence in the information. If she is fluent in English, she is seriously uneducated or sloppy. Confidence suffers either way. So, this is a very incomplete booklet with most probably good suggestions. The reader needs to verify that with further research to be sure.

I got this book because a family member was just diagnosed with high blood pressure. And, *High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure)* by Sarah Givens covers a lot of good information and has given us some great ideas to try. It's also easy to read and well organized. Five stars.

Many simple ways to potentially lower high blood pressure the natural way. Many of the suggestions are backed up with discussion of various studies. Give some of these tips a try. You will be pleasantly surprised and healthier too!

Great info

I only received a sample copy of the book not the entire book.

My family has a history of blood pressure and it's trying to rely on Western medicine in the long run, so I decided to look for some information on some natural remedies that I could use to supplement the medical treatment. I've managed to pick up some new things about how antioxidants can also help in alleviating blood pressure as well as some other natural remedies. It's a useful book for you to tame your blood pressure at least.

info good, some just common sense

Exceptionally useful and training manual that gives loads of subtle elements on the reasons for hypertension and the routine administration systems including the utilization of prescription etc.

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High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High 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) Blood Pressure Solution: How to lower your Blood Pressure without medication using Natural Remedies (Natural Remedies, Blood Pressure, Hypertension) DIABETES: 15 Super Foods To Quickly And Safely Lower Blood Sugar: How To Reverse and Prevent Diabetes Naturally (Natural Diabetes Cure - Diabetes Natural Remedies - Natural Diabetes Remedies) Blood Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series Book 2) 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 Nail Fungus Treatment: How To Naturally Cure Nail Fungus in 30 Days (Natural remedies, Alternative medicine, Athletes foot) REVERSE HEART DISEASE - HEART ATTACK CURE & STROKE CURE - LOWER HIGH BLOOD PRESSURE TO NORMAL & RESTORE YOUTHFUL CARDIAC HEALTH WITH NO SURGERY OR DRUGS ... Pressure Cure, The End Of Heart Disease) HIGH BLOOD PRESSURE: Blood Pressure Solution: The Step-By-Step Guide to Lowering High Blood Pressure the Natural Way, Natural Remedies to Reduce Hypertension Without Medication Blood Pressure: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood Pressure and Reducing Hypertension (Blood Pressure Series Book 1) Blood Pressure Solutions: Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet, low salt, healthy eating) Blood Pressure: High Blood Pressure, Its Causes, Symptoms & Treatments for a long, healthy life.: Plus 9 Free Books Inside. (Blood Pressure, High Blood ... Hypertension, Blood Pressure Solutions.) Natural Healing and Remedies Cyclopedia: Complete solution with herbal medicine, Essential oils natural remedies and natural cure to various illness. (The answer to prayer for healing) Natural Antibiotics And Antivirals: The Complete Guide To Homemade Natural Herbal Remedies To Prevent And Cure Infections and Allergies (Home Remedies, Herbal Remedies, Organic Antibiotics) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) Healing Hepatitis & Liver Disease Naturally: Detoxification. Liver gallbladder flush. Alternative remedies for hepatitis C. Heal Hepatitis B with natural ... remedies. Stop cirrhotic progression Blood Pressure Solution: How to lower your Blood Pressure without medication using Natural Remedies Psoriasis Natural Treatments, Remedies, and Cures: Your Guide to Psoriasis Home Treatment Options ( How to Cure Psoriasis Naturally At Home ) The Bible Cure for High Blood Pressure: Ancient Truths, Natural Remedies and the Latest Findings for Your Health Today (New Bible Cure (Siloam)) High Blood Pressure: How to Lower Blood Pressure Naturally and Prevent Heart Disease

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