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Jessica Carlson

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Blood Pressure

The Completely Natural Solution For High Blood Pressure - How To Easily Lower Your Blood Pressure Without Medication Using Home Remedies!

Health is a blessing. It is the most precious jewel of human life. Everything around us feels good and interesting when we are fit and in good health. But the very same things become irritable when we are unhealthy. When prone to any disease, even our favorite food and television shows become boring and hateful. To keep up good health does not require money. Rather we can stay healthy by little effort and proper health care. Knowing about the factors which are bad for health and knowledge about how to keep the body disease free is all needed to stay healthy. But possession of good health seems like a dream or something which is not entirely possible. Every second person in the world is a victim of some disease. No one is completely safe and healthy. May be the reason is harmful atmosphere, unhealthy lifestyle, stress, depression and too much medication. One of the most widely spread and prevailing health disorder in the world is 'high blood pressure-hypertension'. Studies have estimated that about more than 50% of the adults of age 25 and over are suffering from high blood pressure. The estimate is based upon 70% male and 30% female hypertensive patients worldwide. Hypertension causes about 7.6 million deaths per year which constitutes 12.8% of total deaths in the world and the figures are likely to rise in future rather than coming down.

This book consists of all the facts about the disease of hypertension and covers the following heads:

- Description of disease
- Effects of medication and outcomes
- Ways to reduce hypertension through healthy lifestyle
- Ways to reduce hypertension through home remedies and domestic medicines

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