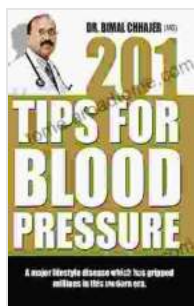


201 Tips To Control High Blood Pressure: The Ultimate Guide to Lowering Your Numbers Naturally

Are you struggling with high blood pressure? Do you feel overwhelmed by the conflicting advice you find online?

If so, then this book is for you.



201 Tips to Control High Blood Pressure by Dr. Bimal Chhajjer

★★★★☆ 4.4 out of 5

Language	: English
File size	: 3025 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 234 pages
Lending	: Enabled
Screen Reader	: Supported



201 Tips To Control High Blood Pressure is the most comprehensive guide to controlling high blood pressure naturally. Inside, you'll find 201 actionable tips that will help you lower your blood pressure numbers and improve your heart health.

This book covers everything you need to know about high blood pressure, including:

- What is high blood pressure?

- What are the risks of high blood pressure?
- What are the causes of high blood pressure?
- How to measure your blood pressure
- How to lower your blood pressure naturally

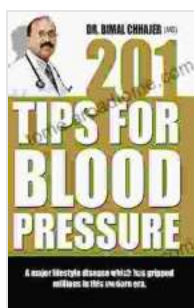
With 201 Tips To Control High Blood Pressure, you'll learn how to make lifestyle changes, adjust your diet, and manage stress to lower your blood pressure numbers.

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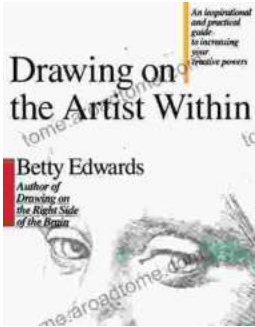
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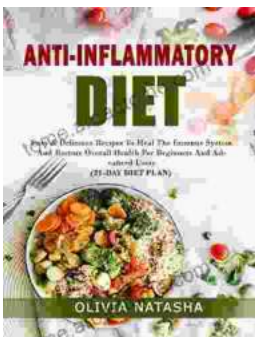
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