



High Blood Pressure Explained: Natural, Effective, Drug-Free Treatment for the "Silent Killer": (Blood Pressure, Hypertension, Heart Health, Naturopathy, Natural Remedies)

C.K. Murray

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The NATURAL Blood Pressure Solution

Learn EFFECTIVE TREATMENT for "The Silent Killer"

High blood pressure is deadly. Across the world, hypertension continues to be a leading cause of numerous chronic illnesses. In America, roughly 1 in 3 people have high blood pressure.

Although many of us realize that controlling hypertension is an important part of healthy living, very few people *actually* understand how to reduce hypertension. Fortunately, there is good news. When it comes to controlling high blood pressure and lowering blood pressure *naturally*, the alternatives are many! Even for eldercare.

Learn natural remedies for lasting heart health

If you or somebody you know struggles with controlling high blood pressure, it's time to get informed. Lack of effective hypertension treatment leads to poor general health, reduced heart health, increased risk of heart attack, higher likelihood of stroke, kidney failure, sexual dysfunction, sleep disorders--and premature death.

Basically, controlling hypertension can be a matter of life and death. And before attacking that silent killer through drugs, we should *all* consider the natural blood pressure solution. There are *plenty* of natural, effective, drug-free treatments for the silent killer. Let *natural remedies* improve your heart and your life.

Don't delay! Stop the silent killer *naturally*. Don't play with fire by risking expensive procedures, invasive measures, and potentially dangerous drugs. Learn the causes, know the symptoms, and take advantage of the latest, scientifically proven treatments...

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Here is a preview of what you'll learn...

- What is blood pressure?
- Are YOU at risk for high blood pressure?
- What are the symptoms of high blood pressure?
- What foods and supplements treat hypertension?
- What stress management techniques reduce hypertension?
- What lifestyle 'hacks' significantly reduce hypertension?
- How do YOU effectively monitor and control your hypertension?
- And more!

Ch. 1 -- Introduction to Blood Pressure

Ch. 2 -- Know What to Look For! Subtle and Severe Symptoms of Hypertension

Ch. 3 -- Where It Came From—The Numerous and Treatable Causes of Hypertension

Ch. 4 -- EASY and NATURAL Strategies for Blood Pressure Reduction

Ch. 5 -- 18 AMAZING Foods for Reducing Hypertension

Ch. 6 -- 8 Foods that are TERRIBLE for Hypertension

Ch. 7 -- The Fear Factor: Understanding “White Coat” Syndrome

Ch. 8 -- Know Your Numbers! How to Make Sense of Your Blood Pressure Reading

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Julie Ross:

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Jaelyn Utecht:

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