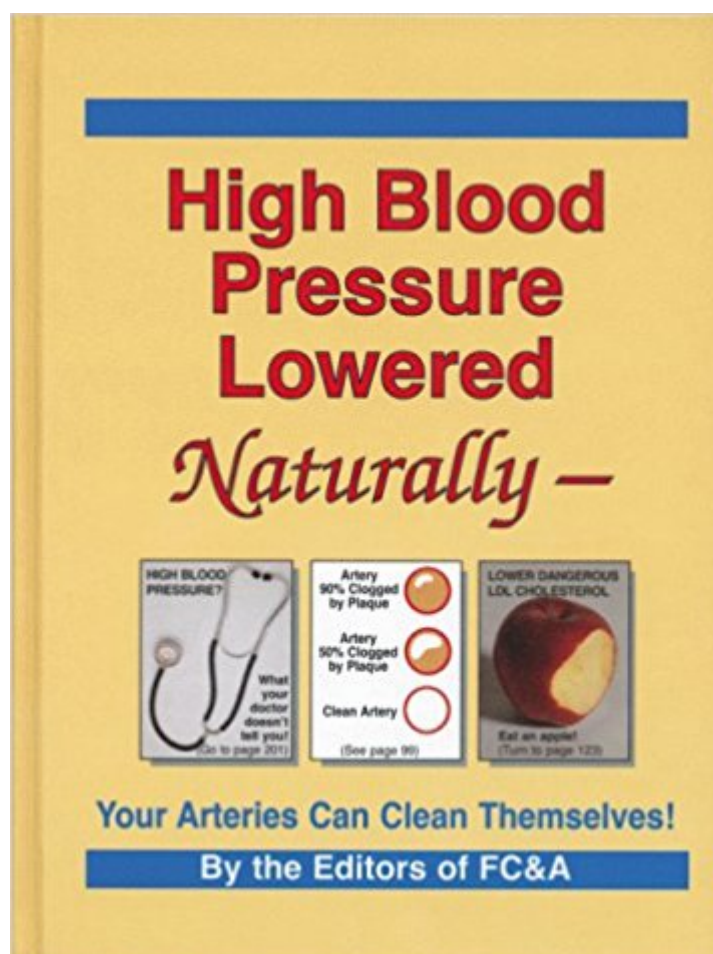


The book was found

# High Blood Pressure Lowered Naturally - Your Arteries Can Clean Themselves



## Synopsis

As amazing as it may sound, it's true. Using an all-natural approach, you can actually lower your blood pressure and cholesterol level without drugs or surgery. This all-natural approach can even help you if you're already taking medicine for high blood pressure or cholesterol. The key is working with your doctor (never stop taking any blood pressure or cholesterol medicine without your doctor's approval) and using the guidelines outlined in *High Blood Pressure Lowered Naturally*. Based on studies from respected medical journals, the guidelines are simple and easy-to follow. This book also includes recipes, information on heart-healthy herbs, vitamins, and minerals. Clear illustrations show exactly what's going on in your heart.

## Book Information

Hardcover: 364 pages

Publisher: F C & a Pub; Revised edition (January 1997)

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Product Dimensions: 0.8 x 5.5 x 8 inches

Shipping Weight: 1.9 pounds

Average Customer Review: 4.0 out of 5 stars 18 customer reviews

Best Sellers Rank: #406,698 in Books (See Top 100 in Books) #29 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure](#) #176 in [Books > Medical Books > Allied Health Professions > Diet Therapy](#) #307 in [Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy](#)

## Customer Reviews

We haven't had a chance to go through the whole book yet, but what we have gone through we found it very helpful.

Seller sent the product promptly and in good condition. The book shows effective steps to changing patterns of behavior. My blood pressure has already returned to the normal range in three weeks.

when i learned i had a blood pressure problem,i used this book to learn how to maintain and keep it under control,i truely recommend it to anyone,the book was shipped in excellence condition,and reach my address in prompy time promise to me.

it was okay not what I expected but learned a little

smart and good advice, but have not read whole book yet.

very helpful

Thanks

I consider this an excellent and understandable book for anyone interested in eating well and improving their quality of life. I have given copies to 2 people because I know this is important information that works.

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High Blood Pressure Lowered Naturally - Your Arteries Can Clean Themselves 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 BI) 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.) 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: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood Pressure and Reducing Hypertension (Blood Pressure Series Book 1) 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 TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) 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) 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 Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating) HIGH BLOOD PRESSURE: Blood Pressure Solution: The Step-By-Step Guide to Lowering High Blood Pressure the Natural Way, Natural

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