



Blood Pressure (High Blood Pressure: Don't Let it Kill You Book 1)

By C.D. Shelton

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This highly informative and short ebook just may save your life! High blood pressure can lead to kidney problems, stroke, and congestive heart failure and more...but is called a silent killer because there are no overt or obvious symptoms.

This ebook highlights the definition of high blood pressure, how to determine if you have high blood pressure, lowering your blood pressure through dietary and lifestyle changes by understanding the 5210 principle and includes a list of lower fat alternatives to the higher fat foods we often consume.

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