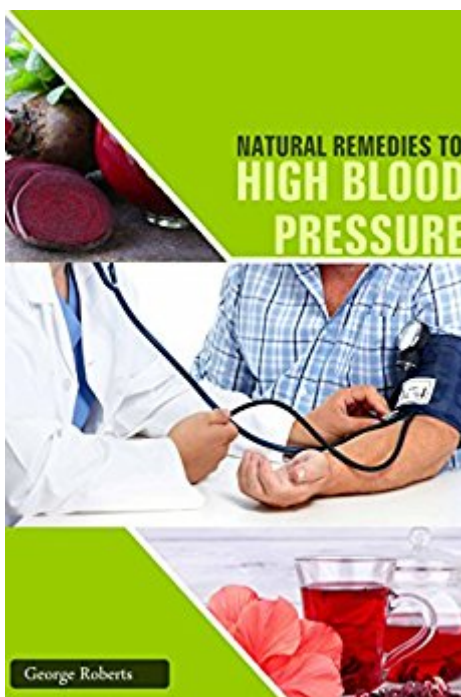


The book was found

# HIGH BLOOD PRESSURE: Blood Pressure Solution: The Step-By-Step Guide To Lowering High Blood Pressure The Natural Way, Natural Remedies To Reduce Hypertension Without Medication



## Synopsis

Do you suffer from hypertension? If you, your family or friends are interested to learn that natural remedies for high blood pressure are an option you should definitely consider. Prescription drugs are not only expensive, they can be damaging to your health! You know, prescription medications are often ineffective and don't treat the underlying cause of your condition. They can even damage your heart and liver, so you may wonder why choosing natural remedies for high blood pressure is a good choice. If you have hypertension, there are natural remedies for high blood pressure that work, along with a few lifestyle changes where needed. By making just a few changes you can save the money you were spending on prescription drugs, and improve your health! You probably know about high blood pressure factors that affect your blood pressure - smoking, alcohol, lack of exercise, stress, etc. But did you know that there are natural herbs and vitamins that will lower and control hypertension? Many natural remedies to control high blood pressure with great success. Some of the nutrients you will find in many natural supplements include calcium, magnesium, folic acid, niacin and juniper berries. There are thousands of nutrients and herbs, but these are a few that work to lower blood pressure. These herbs and vitamins work to reduce your overall cholesterol level. One of the most common causes of high blood pressure or hypertension is high homocysteine levels, which can be normalized or controlled very well with B-6, B-12 and folic acid. Most natural vitamins contain these nutrients as well as other herbal nutrients. Studies have shown that these nutrients can decrease your risk of hypertension by 46% - that's amazing! Common sense tells you if you smoke, quit. If you drink more than 2 drinks per day, cut back. And if you eat an unhealthy diet, try to add more fresh fruit and vegetables to your diet and cut back on red meat. Also, as you learn more, reduce salt intake! And try to reduce stress with exercise, meditation or a much needed vacation. As you know, there are many natural remedies for high blood pressure. For the sake of your health and your finances, try changing your habits and using natural herbs and vitamins! Natural remedies for high blood pressure do work - even better than prescription drugs. That's a great surprise for you,

but it's true. If you are trying to decide if natural methods are right for you, here are some forms that you need to make an informed decision. To begin with, prescription medications are often the most effective and don't treat the underlying cause of hypertension. Although these drugs do lower your blood pressure, they can also affect your heart rate, cause headaches and nausea, and raise your cholesterol levels. This is enough reason to decide on natural remedies for high blood pressure.

## Book Information

File Size: 2289 KB

Print Length: 37 pages

Publication Date: July 6, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B073SDZ3X6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #192,074 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #18

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory #37 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases #43 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory

[Download to continue reading...](#)

HIGH BLOOD PRESSURE: Blood Pressure Solution: The Step-By-Step Guide to Lowering High Blood Pressure the Natural Way, Natural Remedies to Reduce Hypertension Without Medication

Blood Pressure: Blood Pressure Solution: The Step-By-Step Guide to Lowering High Blood Pressure the Natural Way in 30 Days! Natural Remedies to Reduce Hypertension Without

Medication Blood Pressure Solution: How to lower your Blood Pressure without medication using Natural Remedies (Natural Remedies, Blood Pressure, Hypertension) 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) 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 Bl) 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 Solution: How To Prevent  
And Manage High Blood Pressure Using Natural Remedies Without Medication 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: How to lower your Blood Pressure without medication using Natural Remedies  
High Blood Pressure Explained: Natural, Effective, Drug-Free Treatment for the "Silent Killer":  
(Blood Pressure, Hypertension, Heart Health, Naturopathy, Natural Remedies) Blood Pressure  
Solution: The Path to Naturally Lower and Control your Blood Pressure, Without Medication The  
Blood Pressure Solution: 40 Natural Ways To Lower Your Blood Pressure Without Drugs or  
Expensive Procedures (Natural Health Guide Book 1) 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) High Blood Pressure: Lowering the  
Blood Pressure Naturally 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) Mediterranean Diet: Mediterranean Diet For Diabetes-A  
Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2  
Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) Reversing Hypertension: A  
Vital New Program to Prevent, Treat, and Reduce High Blood Pressure Reversing Hypertension: A  
Vital New Program to Prevent, Treat, and Reduce High Blood Pressure (Healthtext Audio) Natural  
Healing and Remedies Cyclopedia: Complete solution with herbal medicine, Essential oils natural  
remedies and natural cure to various illness. (The answer to prayer for healing)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)