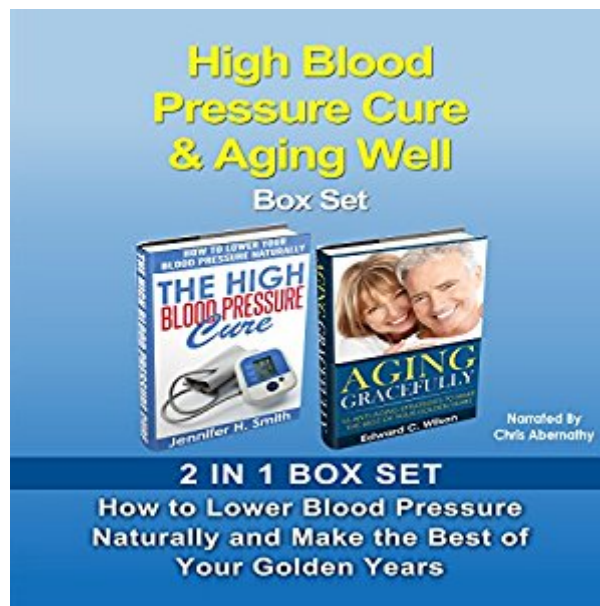


The book was found

High Blood Pressure Cure & Aging Well Box Set: How To Lower Blood Pressure Naturally And Make The Best Of Your Golden Years



Synopsis

The High Blood Pressure Cure: How to Lower Your Blood Pressure Naturally Do the dangers of high blood pressure and its potential complications have you worried? Do you want to find safe and effective strategies for naturally managing your hypertension? **How to Lower Your Blood Pressure Naturally** will give you all of the information you need to start improving your health. Each year, hypertension causes more than nine million deaths worldwide. Most hypertension drugs only target the symptoms of this disease and are not designed to address the actual source of hypertension or provide an effective, long-term solution. With this book, you can develop a comprehensive understanding of this disease and can learn more about the different treatment options that currently exist. This book details the signs, risk factors, and causes of hypertension and it will help you learn more about beneficial lifestyle changes, the DASH diet plan, and herbal supplements and medications that will allow you to take control of your health and start lowering your blood pressure for good.

Aging Gracefully: 16 Anti-Aging Strategies to Make the Best of Your Golden Years Approximately 100 years ago, the average life expectancy for people living in developed nations was only a little over 50 years. Today, living into our 80s is certainly not unusual. By changing some unhealthy habits and making conscious decisions regarding how we live, it is possible to slow the aging process. In order to help you fulfill your potential and make the most of your life as you age, **Aging Gracefully: 16 Anti-Aging Strategies to Make the Best of Your Golden Years** created a helpful list. This book will show you how to exercise, sleep, and eat better in order to stay younger looking and remain healthy as you age. The book gives well-thought-out suggestions regarding important life choices, such as stopping alcohol addiction and smoking, managing stress, listening to your body, and protecting your skin in order to achieve the best health.

Book Information

Audible Audio Edition

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Disease #4517 inÂ Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

I did not learn anything new that had not been covered in other similar books. Kind of a good reminder

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High Blood Pressure Cure & Aging Well Box Set: How to Lower Blood Pressure Naturally and Make the Best of Your Golden Years 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) Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Blood Pressure Box set: Blood Pressure Solution - How To Lower Your Blood Pressure & Cholesterol Without Medication, Just By Using Natural Remedies and Diet! Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating) The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without ... Boost your energy, and Stay healthy for life! High Blood Pressure Solution: Simple Lifestyle Changes to Lower Blood Pressure Naturally and Prevent Heart Disease 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) Cholesterol: Cholesterol Lowering Guide To How To Lower Cholesterol Naturally And Reduce High Cholesterol With Cholesterol Lowering Strategies To Lower ... Lower Cholesterol (Coronary Heart Disease) Lower Your Blood Pressure Naturally: Drop Pounds and Slash Your Blood Pressure in 6 Weeks Without Drugs Anti Aging:Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever(Anti Aging Diet, Anti Aging Secrets,Anti Aging Drugs) (Fitness Book 1) Pressure Cooker Cookbook: 3 In 1 Box Set - 310 Mouth-Watering and Healthy Pressure Cooker Recipes for Stove Top and Electric Pressure Cookers (Pressure Cooker, Pressure Cooker Recipes) Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Electric Pressure Cooker Recipe Box Set: The Ultimate Pressure Cooker Box Set - Includes 4 Pressure Cooker Cookbooks Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ...

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