



60 Ways to Lower Your Blood Pressure

Robert D. Lesslie

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You may have high blood pressure and not even know it. Yet high blood pressure greatly increases your risk for a devastating heart attack or stroke. What can you do to discover whether you're at risk, disarm this silent killer, and increase your chances of enjoying the years you've been given?

In *60 Ways to Lower Your Blood Pressure*, physician and bestselling author Robert Lesslie provides easy-to-understand, expert advice, including

- what your blood pressure numbers mean and what you can do to improve them
- the truth about the benefits of exercise, sleep, and stress reduction
- how to know if you need medication and if so, which kind

Dr. Lesslie's proven ways to lower your blood pressure show you the steps to take on your way to long-term health and a more vibrant life.



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The reason? Because this 60 Ways to Lower Your Blood Pressure is an unordinary book that the inside of the reserve waiting for you to snap it but latter it will surprise you with the secret that inside. Reading this book beside it was fantastic author who all write the book in such remarkable way makes the content interior easier to understand, entertaining approach but still convey the meaning totally. So , it is good for you for not hesitating having this any more or you going to regret it. This phenomenal book will give you a lot of gains than the other book have such as help improving your proficiency and your critical thinking method. So , still want to hesitate having that book? If I have been you I will go to the book store hurriedly.

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