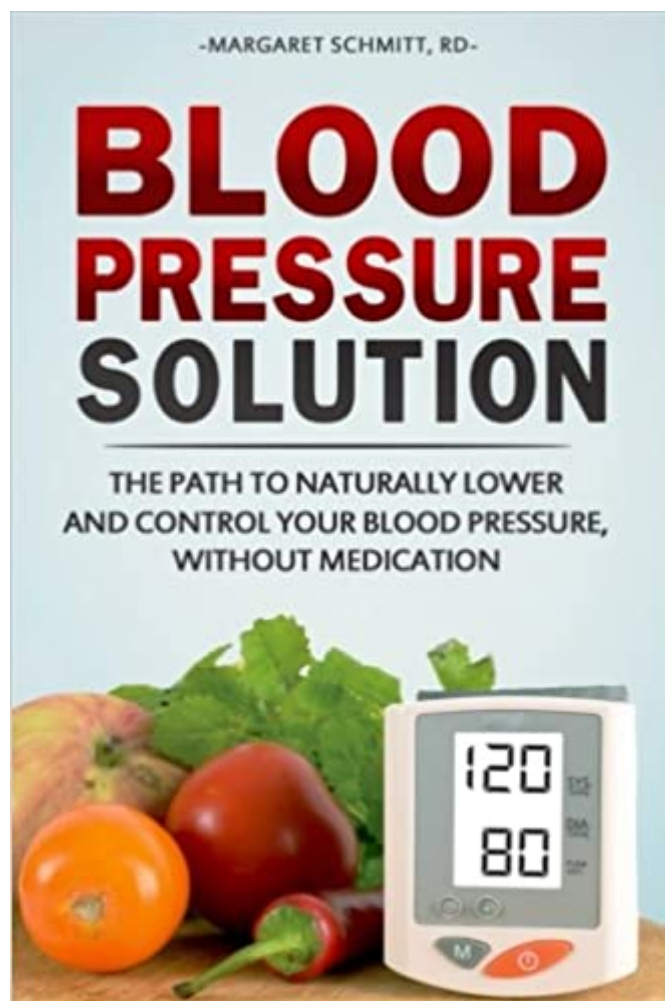




The book was found

# Blood Pressure Solution: The Path To Naturally Lower And Control Your Blood Pressure, Without Medication



## Synopsis

Do you have high blood pressure? Do you want to find a solution to it? Do you want to do it without medication and by using all natural remedies? More than a billion people worldwide have hypertension. It is a leading cause of hundreds of thousands of deaths every year and most drugs only target the symptoms and are not designed to provide a long-term solution. Now, with *Blood Pressure Solution: The Path to Naturally Lower and Control your Blood Pressure, Without Medication*, you have the ideal book to help you develop a comprehensive understanding of hypertension and the different treatment options that are available, with chapters on: The causes of high blood pressure How to know when your blood pressure is too high Causes, diagnosis and treatments Symptoms Natural solutions and remedies Eating the right foods The DASH eating plan And much more! Having high blood pressure can lead to many other conditions and can have a seriously negative impact on the way you live your life. With *Blood Pressure Solution* you can start to tackle your hypertension and begin to lead a normal, healthy lifestyle by employing just a few crucial lifestyle changes. It really is as simple as that! Get your copy of *Blood Pressure Solution* today and see what difference it can make to your life now!

## Book Information

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## Customer Reviews

book jumps all over, never gives true solutions

IT IS OPPOSED TO THE CURRENT BLOOD PRESSURE DIRECTIVES.

This is the most poorly written book I have ever read. I know fourth-grade students who write better

than this, and it makes me think the book is a hoax. The same statistics are repeated over and over and over. The author repeatedly says people with blood pressure are susceptible to other health problems. Well, if you don't have blood pressure, you are dead. The problem is high blood pressure, not blood pressure. And how many times do the health issues that stem from high blood pressure, or the definition systolic and diastolic pressures, need to be reiterated? Not worth the paper it is printed on.

Right off the bat, for a doctor to call hypertension blood pressure tells me something is fishy about this author. For example right on the first page, here is a quote: ".....when you are asleep your hypertension is low". What is meant is that your blood pressure is low. She repeats this error several time to the point where I quit reading this book because I can not take her seriously if she can not even describe what blood pressure is or what hypertension is. Another quote: "Hypertension, also know as blood pressure..." on page 2 is also incorrect. Even non-professional people know this is not true. She also does not write in complete sentences "Blood pressure also called hypertension in the medical field". That is an incomplete sentence. And this is from a doctor.... NO not finishing this peice of bad writing and information

I was looking for Control Your Blood Pressure Naturally by Dr. Marlene Merritt, this book came up, but I didn't notice that the author was different, so I feel cheated.

Although I am aware for disease called hypertension caused by heredity, bad diet, and unhealthy lifestyle practices, I must admit that I still need to be reminded. This book did that reminder for me. The options presented in this book are not too daunting. I am also happy to see alternative medicines and other doable preventive measures that do not involve synthetic drugs.

It felt like I was reading someone's term paper from high school...it's all old news! I was hoping for something more!

Good references.

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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)  
1) Blood Pressure Solution: The Path to Naturally Lower and Control your Blood Pressure, 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: 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 BI) Blood Pressure: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood Pressure and Reducing Hypertension (Blood Pressure Series Book 1) Blood Pressure Solution: How to lower your Blood Pressure without medication using Natural Remedies 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 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 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! The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without drugs, ... and Stay healthy for life! (Everything®) Blood Pressure Solution: How To Prevent And Manage High Blood Pressure Using Natural Remedies Without Medication Lower Your Blood Pressure Naturally: Drop Pounds and Slash Your Blood Pressure in 6 Weeks Without Drugs Dash Diet: 365 Days of Low Salt, Dash Diet Recipes For Lower Cholesterol, Lower Blood Pressure and Fat Loss Without Medication (Dash Diet Recipes, Weight ... Diabetes, Low Sodium, Dash Diet Cookbook) 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 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) The Blood Pressure Solution: 40 Natural Ways To Lower Your Blood Pressure Without Drugs or Expensive Procedures (Natural Health Guide Book 1) 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) DASH Diet: Dash Diet Recipes for Weight Loss, Lower Blood Pressure and Cholesterol Beginners Cookbook (DASH Diet, Lower Blood Pressure, DASH Diet Recipes)

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