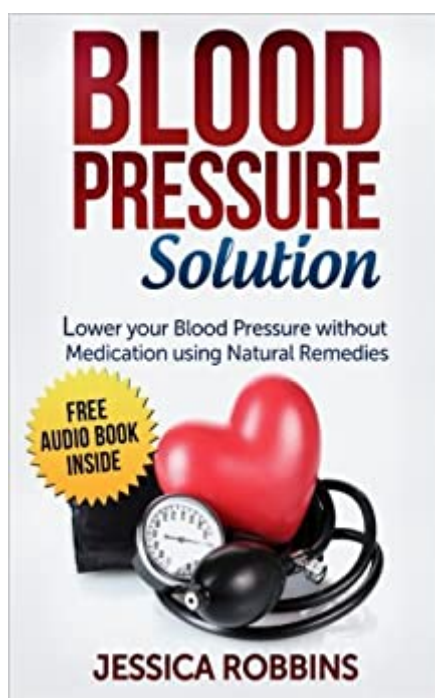


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# Blood Pressure Solution: How To Lower Your Blood Pressure Without Medication Using Natural Remedies (Natural Remedies, Blood Pressure, Hypertension)



## Synopsis

**DISCOVER:** How to lower your **BLOOD PRESSURE** without medication using **NATURAL REMEDIES** Worried about your ever increasing Blood Pressure? Looking for ways to lower and maintain your blood pressure? Fed up of depending on medications to improve your health? Stressed out about contracting cardio vascular diseases or diabetes because of hypertension? Not sure how to reduce your stress levels and body weight in order to lower your blood pressure? Combining various natural remedies is the solution. Benefits of Using Natural Solutions like Herbal Remedies Medications are not the only solution for treating all health conditions. People have traditionally used many herbal remedies and other natural solutions to combat diseases and lead a healthy lifestyle. Hypertension or high Blood Pressure, especially, is a health condition for which even doctors recommend alternate therapies in addition to the medicines they prescribe. Getting into an exercise regime, practicing stress relief techniques, adopting a healthy diet like the DASH diet, taking herbal supplements, switching your cooking oil, quitting smoking, regularly monitoring your BP at home etc. are sure-shot ways to reduce elevated blood pressure in your body. Even if you are under medication, it is suggested that you include natural and healthy therapies to reduce your hypertension. This book would take you through the Various Natural Therapies that have proven positive effects on lowering blood pressure. **Blood Pressure Solution: How to lower your BLOOD PRESSURE without medication using NATURAL REMEDIES** Here Is A Preview Of What You'll Learn in this book... What is Blood Pressure?Who is at a risk of developing high BP? What are the side effects of hypertension?What are the benefits of lowering high BP? How to use a Blood Pressure Monitor at home?Whatâ™s the best diet plan to follow for hypertension?What vitamin and mineral supplements are recommended?How to combat stress using techniques like Tai Chi, Bio Feedback etc.? **BONUS CHAPTER** on DASH Diet recipes for Breakfast, Lunch & DinnerAnd much, much more! Includes **28 SUPER FOODS THAT REDUCE HIGH BLOOD PRESSURE** Take action today and buy this book for a limited time discount of only \$8.99! Scroll to the top and click the **BUY NOW** button!

## Book Information

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## Customer Reviews

Jessica Robbins is a best-selling author from San Francisco, California. Some of her books like *Oil Pulling Therapy* and *Essential Oils & Aromatherapy* have topped the bestseller charts as soon as they were launched. She believes that natural home remedies have the cure for most of the lifestyle-related diseases and ailments. A therapeutic dietitian by profession, Jessica has been researching on the healing properties of food for more than two decades. Her search for herbal remedies has taken her to places like India and China where she got the opportunity to discover the traditional ways to heal illness without modern medications. Jessica is passionate about sharing her knowledge through her books. She lives with her husband Gary and her dog Sasha and enjoys spending the weekends with her grand children.

I didn't like this book because it is out of date, contains nothing new, and is overwritten. This book seems to subscribe to the heart lipid hypothesis and some other discredited theories. Hence the recommendations to eat low fat milk products, whole grains, etc. Cutting down on fats has contributed to the early deaths of countless Americans through heart disease, diabetes, high blood pressure, and (probably) Alzheimer's disease. It's time to stop the anti-fat propaganda. There are many instances of irrelevant verbiage. For example the long description of how to take your own blood pressure. If you buy (or borrow) a heart pressure monitor you will have access to accurate instructions: no need to duplicate it in the book. Similarly the oft-repeated incantation to see your doctor. Most people who buy this book probably do so because their doctor cannot be relied upon. As so many these days are just pill pushers. I know somebody who has been under treatment for hypertension for nearly ten years, and has never been advised to lose weight, take exercise, or take minerals such as potassium, magnesium etc. Sometimes the advice should be to get a better doctor. Much of the book is not new, and where the author could have contributed extra details or support of information she doesn't do so.

This book is a waste of reading effort... please do not buy this book. All of the information is anecdotal and readily available on the net. All of the information is basic knowledge that one hears on the national evening news and Dr. Oz show.

Though it provides a good list of what are all the food types one should eat to live a healthy life, there was no documented evidence or verifiable clinical references to support the claims made for normalizing blood pressure. The information provided in this book could be readily found on the internet with the respective clinical references.

This book did not have any new information that was of benefit to me. Many times it was hard to understand due to apparent typos. I cannot recommend this book.

Informative for the 'newbie' hypertensive, but having tried most all these solutions, you may be looking for something more...the few recipes look very good.

Don't buy this Book! Total Waste of time. No references, no new information, still believes that lowering cholesterol is a good thing. She's a light weight! So, if you want to be disappointed and frustrated, go ahead and buy it. Yuck!

This book is about 10 pages, could have found this information on the internet.

No new information here. Just more of the same old stuff.

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