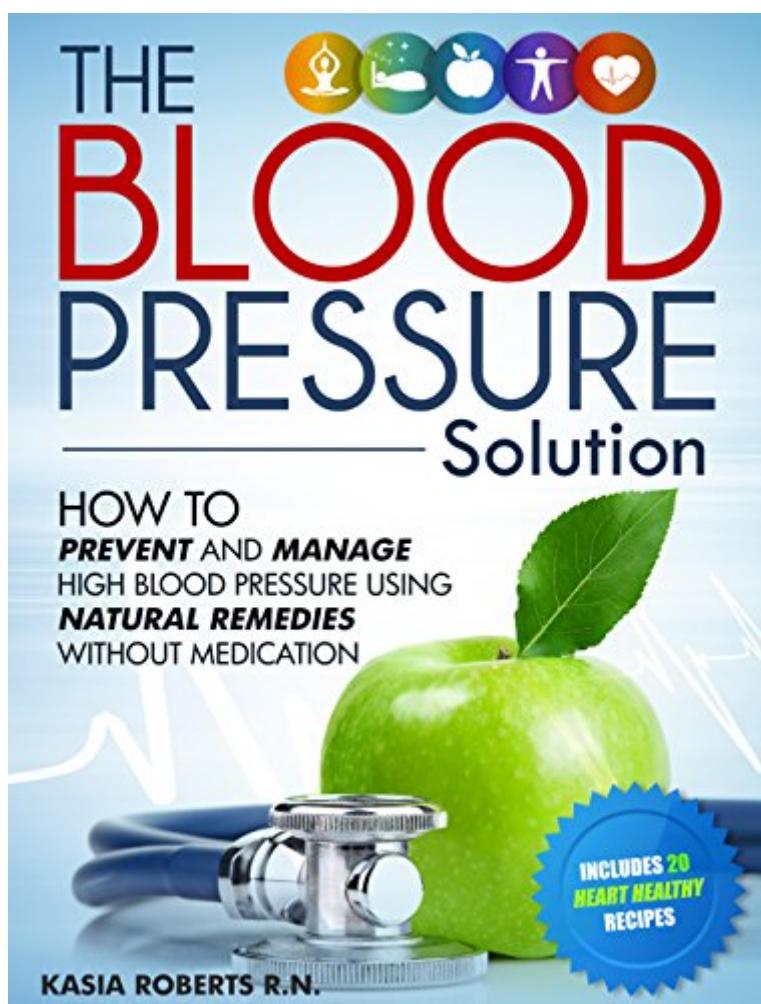


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# Blood Pressure Solution: How To Prevent And Manage High Blood Pressure Using Natural Remedies Without Medication



## **Synopsis**

Worried About High Blood Pressure??? The Key to Lowering Blood Pressure is Combining Several Natural Solutions for A Synergistic Effect Are you or someone you know suffering from high blood pressure? Would you like to know how to prevent and manage high blood pressure with natural solutions and without medication? Are you ready to take control of your health starting today? \* \* \*

**LIMITED TIME OFFER \$2.99 REGULARLY PRICED AT \$4.99 \* \* \***One in three people in the western world is currently suffering from high blood pressure. Despite its asymptomatic, silent-like qualities, high blood pressure yields incredibly scary symptoms, ultimately resolving itself in heart failure, heart attack, stroke, kidney failure, and even death. Instead of looking to the serious medications currently designated by medical doctors, teach yourself how to lower your high blood pressure at home utilizing proper exercise techniques, essential lifestyle alterations, natural herbs and superfoods. Also learn how to make 20 of the most delicious, low-sodium recipes around: appetizers, main dishes, and desserts. Understand the disease on a different level: who is at risk, what it's doing to your body, and how to stop it. Promote your health and lower your blood pressure numbers naturally. You can promote wellness with easeâ "and without the paymentsâ "at home. Allow this e-book to guide you on your road to normalized blood pressure and boost your longevity and odds at greater health along the way. You will learn:-Who Is At Risk And How You Can Lower Your Risk -How to Control High Blood Pressure With Diet-Which Superfoods Fight High Blood Pressure-Which Natural Remedies And Herbs Lower Blood Pressure-How to Monitor Blood Pressure at Home-Difference between Table Salt and Sea Salt-Myths About Salt -20 Delicious Heart Healthy Recipes -Much Much More!SCROLL UP AND CLICK BUY TO DOWNLOAD YOUR COPY INSTANTLY

## **Book Information**

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## Customer Reviews

Thin book. Big font. Huge margins. Half of it is "recipes." Written at a 9th grade level. If you have any concept of high BP to begin with, skip this book. Nothing new. She states the most basic concepts as if they are new. Furthermore, she uses the term "furthermore" like it is the greatest word ever invented. It was so overused that I couldn't read on. Look at the photo for an example. Every other page was like this.

I purchased this book and I found it really helpful in reducing blood pressure naturally. What I did was to take excellent notes and practiced what I learned from this book on myself and also on a friend. The results: My blood pressure went back to normal 110/70 in one month (it was 130/80). My friend's went from 185/90 to 125/80 in one month. What helped both of us the most is the Dash Diet and the recipes in this book. Each recipe has nutrition information (calories, sodium, carbs, fat and protein). After reading this book, I discovered that we both were consuming excessive salt. Just cutting down on salt has made a difference with our blood pressure. Also the Dash diet and recipes in this book have more protein and less carbs and more veggies. This book, I am keeping as a overall reference book and cookbook all in one. One more thing: We each are still seeing our doctors (he is on medication and still taking these at this time). I am not on medications at all. In addition, both of us monitor our blood pressure several times per week. This book has been a true lifestyle change and I am eating healthy and my blood pressure now shows the happy results! Highly recommend this book!

The book could use a real editor to catch a lot of dumb mistakes that might not be caught by all readers... thereby perhaps endangering them. On top of that, it is formatted as an e-book and could

be printed in 70% less pages, making it a large pamphlet and hardly a book at all. To be fair, I think that there is some good info in this book, but also that there is a fair amount of erroneous and even false info in this book. Actually, I feel a bit cheated, but probably a lot less cheated than those who might have bought the high-priced package of items available elsewhere on the internet which include this book. Two of many errors: 1. There is one "healthy" recipe in the book which declares that there is "Sodium: 18 g" in one serving of Rosemary Potato skins! It may contain that much sodium... really? Seems like a lot. Or did the author intend: "18 mg"? I don't know. 2. A four line quote from page 54: "After all: all minerals, all mineral supplements, all electrolytes, are formations of salt with a bit of vitamin C." I am reminded to, "Be careful".

There really isn't much new in this book. I guess I was looking for an easy solution to my problem. It is a good guide, but the contents have already been explained by my doctor and through the hand-out literature at my doctor's office.

While I don't personally have a problem with high blood pressure, we all had a huge shock in my family when we discovered that my 6-year-old nephew does. Sad, but true. Like it or not, I think we all have people close to us who suffer from high blood pressure, meaning we all have a responsibility to educate ourselves about this serious health condition. I was very interested to read the section on salt, which dispelled a lot of the myths I've heard elsewhere. As I personally prefer to avoid medication whenever possible, I was particularly interested in the section on diet. Finally, here is a book which talks about the links between sugar and high blood pressure! I will definitely be making some changes to my family's diet based on these recommendations.

I've been on Blood Pressure for 6 years and after a month of following the tips and steps in this book my BP went to 115/70 and I'm 60 years old. It makes good sense to learn about the junk foods and eliminating them from your diet. Amazing you are what you eat!!

A lot of people are dealing with high blood pressure by taking medications when in fact if they were to alter their diets, no meds would be needed. This book is the first step toward that solution. Filled with up to date information as well as nutritious and delicious recipes, author Kasia Roberts has given us a fantastic way to not only get healthy but to maintain it. Written in a simple yet engaging fashion and professionally formatted, this book is the answer!

Concise and full of valuable information. My mother died of a stroke caused by high blood pressure. Fortunately I don't have high blood pressure, so the tips on prevention were of special interest to me. The explanation of current medicines to treat high blood pressure was very good. Makes you want to work on prevention even more.

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