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25 Natural Ways To Lower Blood Pressure

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Lower blood pressure--without drugs

Your high blood pressure can lead to stroke, heart attacks, congestive heart failure, and kidney failure. Using a simple, easy-to-read format, Dr. James Scala presents 25 simple, natural ways you can use to fight this silent killer. *25 Natural Ways to Lower Blood Pressure* explains the different treatments, including herbs, diet, exercise, and visualization and relaxation techniques, and offers other resources for further information.

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