



Lower Your Blood Pressure Naturally: Drop Pounds and Slash Your Blood Pressure in 6 Weeks Without Drugs

Sari Harrar, Suzanne Steinbaum

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We are in the midst of a blood pressure crisis. Nearly 70 million Americans have been diagnosed with hypertension, and just 56 percent of them have it under control. Hypertension is responsible for 69 percent of first heart attacks and 77 percent of first strokes. But there is good news: High blood pressure is very responsive to lifestyle changes. And the more changes you make, the greater your results.

Lower Your Blood Pressure Naturally by Sari Harrar provides readers with a comprehensive lifestyle plan. Readers will follow the Power Mineral Diet, which centers on 13 delicious, powerful, blood pressure–lowering foods, along with an easy, doable exercise program that combines the proven effectiveness of cardio, strength training, and yoga on blood pressure. Not only do these methods help lower blood pressure on their own, they promote fast, sustainable weight loss, which has an independent blood pressure–lowering effect.

With daily meal plans; flavorful, versatile spice blends; and 50 recipes, plus Power Mineral smoothies and desserts, the plan proves that a heart-healthy diet need not be bland or boring. *Lower Your Blood Pressure Naturally* offers one of the easiest and most effective ways to conquer hypertension yet.

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