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Hypertension High Blood Pressure: How To Lower Blood Pressure Permanently In 8 Weeks Or Less The Hypertension Treatment Diet and Solution

John McArthur

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The Risks of Hypertension High Blood Pressure

No warning, no significant early symptoms are trademarks of one of the deadliest diseases on earth commonly known as hypertension or high blood pressure. It is no longer an "old person's disease" because thousands of strokes occur in people under the age of 65 years.

Dr. W. Lee Cowden, M.D says: *"High blood pressure often occurs due to a strain on the heart, which can arise from a variety of conditions, including diet, atherosclerosis [hardening of the arteries], high cholesterol, diabetes, environmental factors, as well as lifestyle choices. When these factors combine with a genetic predisposition, hypertension can occur in two out of three individuals."*

The undue pressure in the arteries slowly erodes the arteries and organs and increases the risk of stroke, congestive heart failure, kidney failure and heart attack.

If high blood pressure is combined with factors such as obesity, smoking, high cholesterol or diabetes, the risk of heart attack or stroke increases dramatically - as much as 400% and more!

The Silent Killer is No Longer an "Old Person's Disease"

Some Facts and Figures

Hypertension also known as High Blood Pressure is the leading cause of strokes and heart disease in the world. Globally more than 1 billion people are suffering from high blood pressure.

A Program Designed by World Renowned Scientists, No Side Effects, No Expensive Medications, All Natural, Fast and Permanent Relief, In 8 Weeks or Less.

- Lower Blood Pressure and It Will Take the Pressure off Your Heart and Arteries
- You can treat high blood pressure from home
- Lower Blood Pressure Naturally In 8 Weeks Or Less
- Take The Pressure Off Your Heart And Arteries
- Learn All About Treating High Blood Pressure From The Comfort Of Your Own Home
- Learn How To Lower Blood Pressure Naturally
- Learn About Foods That Lower Blood Pressure And More
- Miracle Foods That Lower Blood Pressure Foods That Lower Blood Pressure

From Moderate High Blood Pressure To Normal In 7 Days!

In one case study a person took 100grams (¼ of a pound) of this celery every day for one week and dropped his blood pressure from 158/96 to 118/82.

In other words it went from hypertension to normal in 7 days.

Daily Intake of Oatmeal Decreases Risk of All Heart Disease By 27%
No fewer than 37 clinical studies conducted over the past few years show beyond any doubt that the regular intake of oatmeal and oat bran will reduce blood cholesterol levels, lower blood pressure, and generally reduce the long-term risk of heart disease.

Progressive Relaxation Techniques Reduce Blood Pressure in 2 Months
Researchers conducted a study with a group of 590 individuals with high blood pressure and found that practicing progressive relaxation techniques (from an audio cassette) coupled with home study of healthful practices led to an average drop of blood pressure from an average of 140/90 to 130/85 within two months.

No drugs or other treatments were involved other than the power of self-directed relaxation.

Is Conventional High Blood Pressure Medication Necessary?
Research shows that the current conventional high blood pressure treatments and medication is not necessary in more than 80% of the cases. Furthermore there is more than enough scientific evidence to prove that the current prescription drugs are in fact doing more harm than good and in some cases, these drugs may be producing heart attacks!

The very thing they are trying to prevent.

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Bettye Heinrich:

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Haley Thacker:

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