



How to Get Rid of High Blood Pressure or Hypertension Naturally - Health Learning Series

John Davidson, Muhamad Usman

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Introduction.

“In the United States, about 77.9 million (1 out of 3) adults have high blood pressure.”

(American Heart Association, 2013 fact sheet)

According to the same report, the prevalence of hypertension in the United States population is likely to increase by 7.2% in 2030 as compared to 2013. The American population spends a total of 52 billion \$ for the treatment of hypertension and its associated complications. Hypertension is reported as one of the leading causes of death throughout the world. The death toll has significantly increased due to the hypertension induced stroke and heart attack.

“In the United States, about 69% of people who have a first heart attack, 77% who have a first stroke, and 74% who have a first congestive heart failure have blood pressure higher than 140/90 mmHg”

(American Heart Association, 2013 fact sheet)

So, cure of hypertension is essential for healthy living and increasing life expectancy. If you are looking for effective remedies for hypertension, then “How to get rid of hypertension? Read Now!” is the book you need. This book gives a detailed yet quick review of all the homemade, herbal, allopathic and surgical remedies for hypertension.

Each chapter of this book gives you a deep insight to the basic causes of hypertension and helps answer your basic question: “How to get rid of hypertension?”

Following the guidelines regarding the life style changes, eating habits, herbal and homemade remedies, and allopathic treatments, mentioned in this book, you can overcome this problem in a quick and effective manner and can prevent the relapse of symptoms.

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