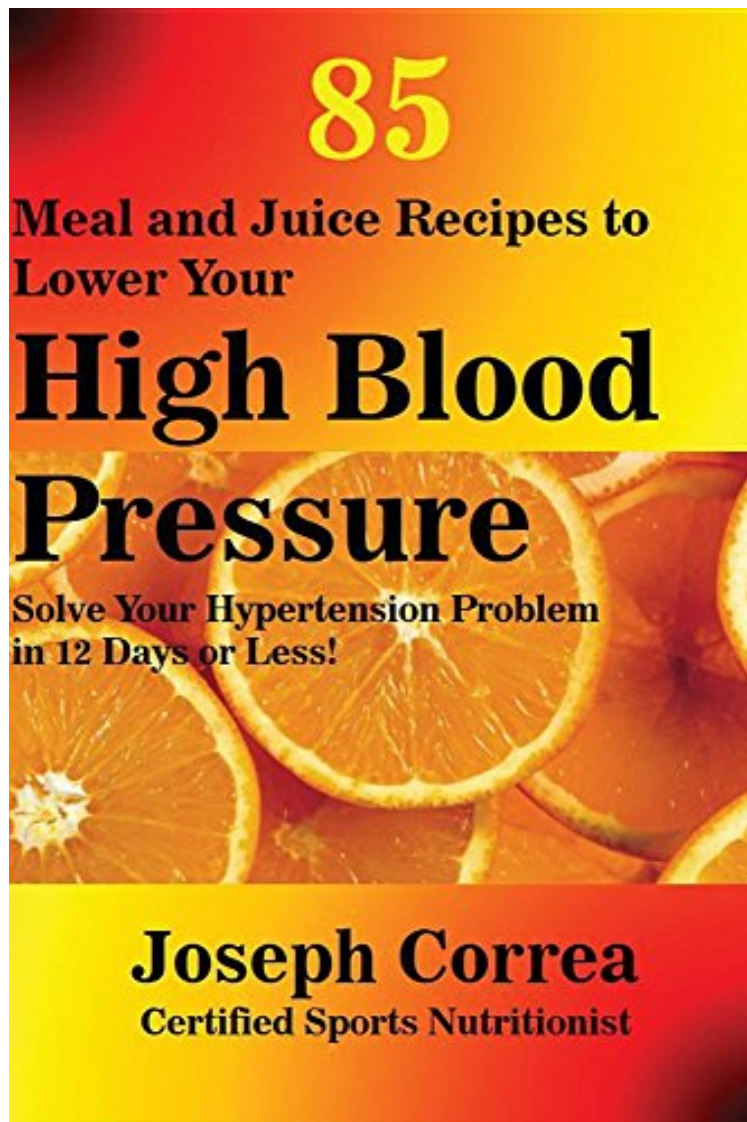


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## **85 Meal and Juice Recipes to Lower Your High Blood Pressure: Solve Your Hypertension Problem in 12 Days or Less!**

*Joseph Correa*

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85 Meal and Juice Recipes to Lower Your High Blood Pressure will help you to control your blood pressure better naturally and fast. Hypertension is a serious health problem that should be addressed with exercise and proper nutrition. Being too busy to eat right can sometimes become a problem and that's why this book will save you time and help nourish your body to achieve the goals you want. This book will help you to: -Control your high blood pressure -Faster process by adding meals and juices to control blood pressure levels. -Reduce Fat. -Cleanse Your Blood Stream. -Have more energy. -Naturally accelerate Your Metabolism to become thinner. -Improve your digestive system.

About the Author As a certified sports nutritionist, I honestly believe in the positive effects that proper nutrition can have over the body and mind. My knowledge and experience has helped me live healthier throughout the years and which I have shared with family and friends. The more you know about eating and drinking healthier, the sooner you will want to change your life and eating habits. What Is High Blood Pressure? Blood pressure is the force of blood against the walls of the arteries. Under normal circumstances blood pressure rises and falls throughout the day. However, when it stays elevated over time, it is called high blood pressure. The medical term for high blood pressure is hypertension. A blood pressure over 140/90 mmHg falls into the category of hypertension, while one between 120/80 mmHg and 139/89 mmHg refers to prehypertension, which can rapidly turn into hypertension if measures are not taken. There are certain risk factors that cannot be controlled, such as age (55 or older for men and 65 or older for women), and a history of early heart disease. The ones that can be controlled are an elevated blood pressure, diabetes, weight, physical activity, cholesterol levels and tobacco use and these are the risk factors targeted by medication and lifestyle changes.