



# High Blood Pressure: Causes, Prevention and Treatment

*Krishan Gupta*

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## **High Blood Pressure: Causes, Prevention and Treatment** Krishan Gupta

High Blood Pressure is a world wide condition of almost epidemic proportions, yet because there are no telltale symptoms; it is often overlooked or treated casually. This book will help you understand what blood pressure is all about - what is normal and what high and low mean - and why careful attention is important for continued good health.

Untreated high blood pressure can not only cause heart and kidney problems but is also a significant risk factor in future diseases. This book explains the rationale behind early treatment, and most important, how with minimal medication and changes in lifestyle, you can help yourself to good health and an active life.

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A lot of people always spent their free time to vacation or go to the outside with them household or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity this is look different you can read some sort of book. It is really fun in your case. If you enjoy the book that you just read you can spent all day every day to reading a e-book. The book High Blood Pressure: Causes, Prevention and Treatment it is very good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. When you did not have enough space to create this book you can buy typically the e-book. You can

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