



# Control Your Blood Pressure (52 Brilliant Ideas): Smart Ways to Get Healthy Where It Counts Most

*Rob Hicks*

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High blood pressure affects nearly one in three women and two in five men. It is a major contributor to strokes and heart disease, yet rarely presents any symptoms—and one may not even know there is a problem until it's too late. With practical advice and sensible solutions, *Control Your Blood Pressure* will help readers learn how to recognize risk factors, lower their numbers, and increase their health.

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