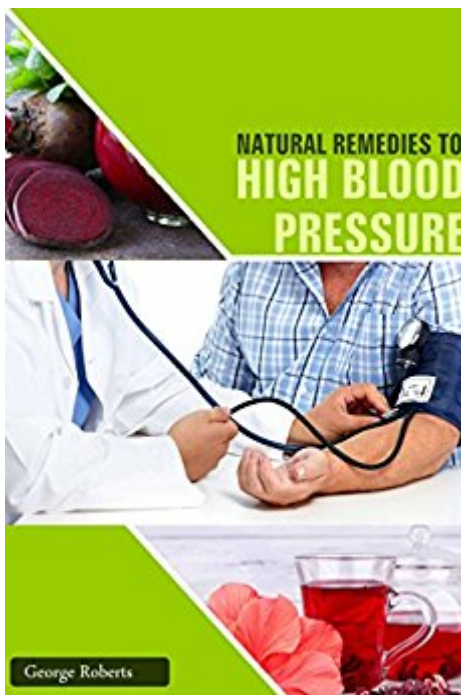


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HIGH BLOOD PRESSURE: Blood Pressure Solution: The Step-By-Step Guide To Lowering High Blood Pressure The Natural Way, Natural Remedies To Reduce Hypertension Without Medication



Synopsis

Do you suffer from hypertension? If so, you may be interested to learn that natural remedies for high blood pressure are an option you should definitely consider. Prescription drugs are not only expensive, they can be dangerous to your health! You see, prescription medications are often ineffective and don't treat the underlying cause of your condition. They can even damage your kidneys, so you may wonder why choosing natural remedies for high blood pressure is a good choice. If you have hypertension, there are natural remedies for high blood pressure that work, along with a few lifestyle changes you can make. By making just a few changes you can save the money you were spending on prescription drugs, and improve your health! You probably know about habits that affect your blood pressure - smoking, exercise, diet, lack of exercise, stress, etc. But did you know that there are natural herbs and minerals that will lower and maintain your blood pressure with great success. Some of the minerals you will find in many natural supplements include calcium, magnesium, folic acid, niacin and vitamin B. There are also herbs, but these are a few that work to lower blood pressure. These herbs and vitamins work to relax your blood vessels, reduce inflammation. One of the minerals for high blood pressure or hypertension is high homocysteine levels, which can be normalized or controlled very well with B-6, B-12 and folic acid. Most natural remedies contain these vitamins as well as other herbal ingredients. Studies have shown that these vitamins can decrease the risk of hypertension by 46% - that's amazing! Common sense tells you if you smoke, quit. If you drink more than 2 drinks a day, cut back. And if you eat an unhealthy diet, try to add more fresh fruit and vegetables to your diet and cut back on red meat and fat. Also, as you already know, reduce salt intake! And try to reduce stress with exercise, meditation or a much needed vacation. As you see, there are many natural remedies for high blood pressure. For the sake of your health and your finance, try changing your habits and using natural herbs and vitamins! Natural remedies for high blood pressure do work - even better than prescription drugs. That may surprise you,

but it's true. If you are trying to decide if natural methods are right for you, here's some information that you need to make an informed decision. To begin with, prescription medications that lower blood pressure are often the most effective and don't treat the underlying cause of hypertension. Although these drugs do lower blood pressure, they can also affect your heart rate, cause headaches and dizziness, and raise your cholesterol levels. Therefore, it is important to decide on natural remedies for high blood pressure.

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