

Blood Pressure Blood Pressure Solution The Step By Step Guide To Lowering High Blood Pressure The Natural Way In 30 Days Natural Remedies To Reduce Hypertension Without Medication

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a user friendly guidebook for anyone interested in enhancing health and wellness integrative healthcare remedies for everyday life marries modern medical knowledge with a cross cultural understanding of health and healing the authors are a family of modern physicians who share a passion for the rapidly growing field of holistic and integrative health representing both western diagnostics and complementary medicine this reference offers practical guidance on incorporating simple remedies and therapies into everyday life detailed preparation instructions facilitate the use of chinese indian and western natural remedies therapies from multiple asian and western medical systems are presented side by side to act as both a one stop treatment guide and comparative reference body system organization provides comprehensive coverage of both common and complex diseases and disorders expert author

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