



## Quick Natural Ways to Reduce High Blood Pressure: Hypertension Is a Silent Killer Stop It Now Before It Is Too Late. (Paperback)

By Dr Olusola Babatunde Coker Ed D

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Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Just the other day, I was feeling pretty lousy. With a high temperature, feeling alternately hot and cold, it was an absolute shoo-in that I had an infection and a fever, but being a stoic, I tried to shake it off without visiting the doctor. Unsuccessfully as it turned out, so I relented (eventually) and off I went to see the man who could fix me up. I have a pretty good idea what is wrong and after I explain the symptoms, so does he, but here s the thing. What is the first thing that he does? He takes my blood pressure. I don t have a blood pressure problem as far as I am aware - I have an infection - but the first thing he does is take my BP. Maybe this scenario sounds familiar? I would guess so, because it is almost inevitable that when you visit your doctor or any other health care professional, the first thing that they are going to do is take your blood pressure. Perhaps you...



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