



## Hypertension High Blood Pressure: How to Lower Blood Pressure Permanently in 8 Weeks or Less the Hypertension Treatment Diet and Solution

By John McArthur

Createspace, United States, 2014. Paperback. Book Condition: New. 234 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Risks of Hypertension High Blood Pressure. No warning, no significant early symptoms are trademarks of one of the deadliest diseases on earth commonly known as hypertension or high blood pressure. It is no longer an old person s disease because thousands of strokes occur in people under the age of 65 years. Dr. W. Lee Cowden, M.D says: High blood pressure often occurs due to a strain on the heart, which can arise from a variety of conditions, including diet, atherosclerosis [hardening of the arteries], high cholesterol, diabetes, environmental factors, as well as lifestyle choices. When these factors combine with a genetic predisposition, hypertension can occur in two out of three individuals. The undue pressure in the arteries slowly erodes the arteries and organs and increases the risk of stroke, congestive heart failure, kidney failure and heart attack. If high blood pressure is combined with factors such as obesity, smoking, high cholesterol or diabetes, the risk of heart attack or stroke increases dramatically - as much as 400 and more! The Silent Killer is No Longer an...



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