

## Heart Health Box Set: Simple Lifestyle Changes to Reverse Heart Disease and Lower Blood Pressure Naturally



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### **Reviews**

*I actually started out reading this article publication. It is loaded with knowledge and wisdom Your way of life span is going to be transform as soon as you total reading this article pdf.  
(Mrs. Felicia Windler)*

## HEART HEALTH BOX SET: SIMPLE LIFESTYLE CHANGES TO REVERSE HEART DISEASE AND LOWER BLOOD PRESSURE NATURALLY

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Heart Health Box Set (3 in 1) Included Books Heart Attack and Congestive Heart Failure: 20 Simple Lifestyle Changes to Prevent and Reverse Heart Disease The High Blood Pressure Cure: How to Lower Your Blood Pressure Naturally DASH Diet: DASH Diet Recipes to Lower Blood Pressure, Lose Weight and Improve Your Heart Health The American Heart Association says that heart disease continues to be the number one cause of death in the United States, taking 380,000 individuals in 2010. Many people who carry a family history of heart disease and stroke worry about that serious risk. They can find helpful information in Heart Attack and Congestive Heart Failure: 20 Simple Lifestyle Changes to Prevent and Reverse Heart Disease. This easy to understand guide walks the reader through in-depth research and the most current information about how to improve the condition of the heart. This book outlines 20 healthy and simple lifestyle changes that can eradicate heart disease, and it also tells how to increase energy and reach health-related goals. Easy to implement, effective and side effect free, these healthy habits can help anyone improve their health for today and for many years to come. Read these 3 books for FREE on Kindle Unlimited - Download Now! Do the dangers of high blood pressure and its potential complications have you worried? Do you want to find safe and effective strategies for naturally managing your hypertension? Each year, hypertension causes more than 9 million deaths worldwide. Most hypertension drugs only target the symptoms of this disease and are not designed to address the actual source of hypertension or provide an effective, long-term solution. By reading The High...



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