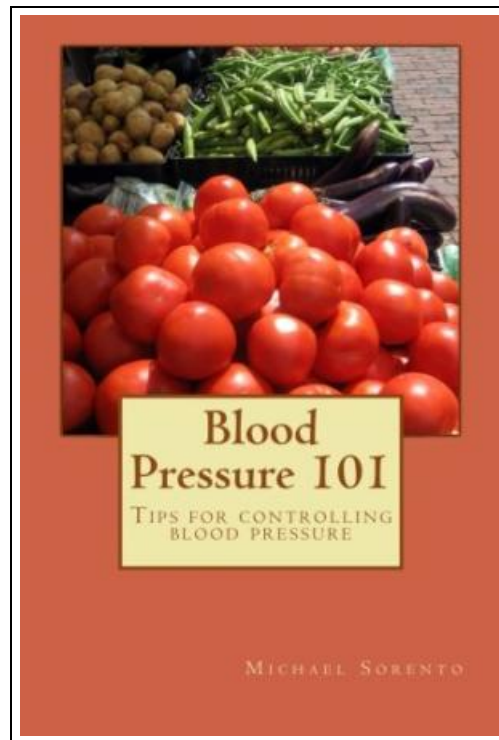


## Blood Pressure 101: Tips for Controlling Blood Pressure (Paperback)



Filesize: 1.87 MB

### **Reviews**

*The very best publication i actually go through. It can be packed with knowledge and wisdom It is extremely difficult to leave it before concluding, once you begin to read the book.*

**(Rhea Kunze)**

## BLOOD PRESSURE 101: TIPS FOR CONTROLLING BLOOD PRESSURE (PAPERBACK)

[DOWNLOAD](#)

Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Normal blood pressure value varies from person to person but an average value of 120/80 is thought to be normal. There are many things which cause a change in blood; which include physical inactivity, tobacco, alcohol and stress. On basis of its effects it is divided in high and low blood pressure in which high blood pressure is the dangerous one. It can cause up to heart failure and leads to death. High blood pressure can also sometimes cause your blood vessels in your eyes to bleed or burst. If this happens your vision will be blurred or impaired and might even result in blindness. Along with a stroke or kidney disease high blood pressure can also cause a heart attack. Your arteries are what bring blood carrying oxygen to your heart muscle. If your heart is not getting enough oxygen you will experience chest pain. If the blood flow is blocked as well you will experience a heart attack. Congestive Heart Failure is very common among people with high blood pressure. Anyone can develop high blood pressure, even children. Obesity plays a role in high blood pressure. Eating a healthy diet is a great way to lower or control your blood pressure. Limit your intake of salt and sodium and introduce more fresh fruits and vegetables into your diet. You Will Learn: Why we develop high blood pressure Children and blood pressure Monitoring blood pressure Understanding blood pressure numbers Preventing high blood pressure Tips for controlling high blood pressure AND MUCH MORE!.

[Read Blood Pressure 101: Tips for Controlling Blood Pressure \(Paperback\) Online](#)[Download PDF Blood Pressure 101: Tips for Controlling Blood Pressure \(Paperback\)](#)

## Related Books



### **History of the Town of Sutton Massachusetts from 1704 to 1876**

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This version of the History of the Town of Sutton Massachusetts...

[Read PDF »](#)



### **From Kristallnacht to Israel: A Holocaust Survivor s Journey**

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In the 1930s, as evil begins to envelope Europe, Karl Rothstein...

[Read PDF »](#)



### **Jack Drummond s Christmas Present: Adventure Series for Children Ages 9-12**

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A very warm welcome to Jack Drummond s Christmas Present, the sixth book...

[Read PDF »](#)



### **Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities**

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents...

[Read PDF »](#)



### **A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half**

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to...

[Read PDF »](#)