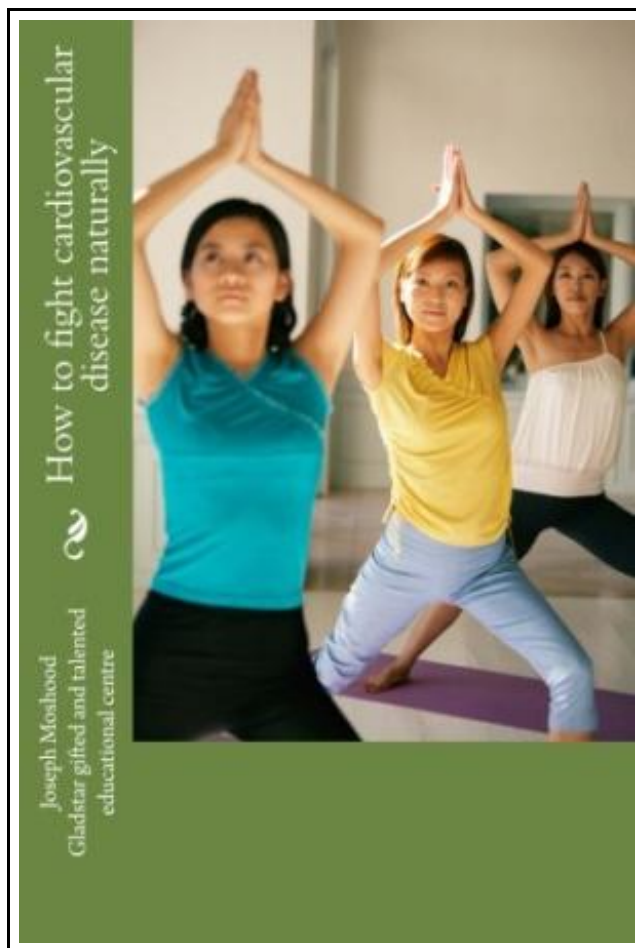


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Reviews

Extremely helpful to any or all category of individuals. It really is rally fascinating throgh studying time period. I am just quickly could possibly get a pleasure of reading a composed ebook.
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Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This special report has 36 pages and 2344 words and it deals with issues related to stress management, smoking: its effects and how to stop this deadly habit easily, hypertension and how to manage it effectively; and natural foods that can aid or reduce heart disease. Issues related to heart disease deal with in this book are 1.STRESS AND CARDIOVASCULAR DISEASE Various strategies have been successful in treating psychological and physiological stress which has been outlined. 2.Hypertension and Cardiovascular disease Hypertension, also called High blood pressure is becoming the feature of at least ten percent o our working population. High blood pressure is a condition in which the blood pressure is abnormally high in the arteries or veins. Most physicians consider the blood pressure of healthy adult to be around 120/80. When the blood vessels lose their flexibility, or the muscle surrounding them force their contraction whereby the heart may pump more forcefully to move the same amount of blood through the narrowed vessels into the capillaries and thereby increasing the blood pressure. It is usually detected by a routine blood pressure test and in view of that, it is advisable to regularly go for routine blood pressure test. Pregnancy and use of oral contraceptives can also lead to high blood pressure. Use of oral contraceptives especially by overweight ladies can lead to high blood pressure. The narrowing of the aorta of the heart by fat/cholesterol deposit can also lead to hypertension. Despite the fatal consequences of high blood pressure, like congestive heart failure, kidney failure or stroke, if untreated; the condition responds well to medicine and other therapeutic measures. 3. 3. Smoking and heart disease Smoking is...

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