


[DOWNLOAD PDF](#)

How to Lower Your Blood Pressure

By Christine Craggs-Hinton

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, How to Lower Your Blood Pressure, Christine Craggs-Hinton, Contrary to popular belief, high blood pressure is not an inevitable consequence of getting older, but is usually a result of a few lifestyle factors. There is sometimes a genetic component too, which means it can run in the family. In the UK, around 50 per cent of people over 65 have it, and some 70 per cent of those in their 70s. These figures are truly staggering when you consider that this condition is one of the most preventable causes of death in the developed world. This book looks at how you can lower your blood pressure by making simple changes to your life, often in combination with prescribed medication, so reducing associated risks such as heart disease, stroke, kidney disease or impaired vision. Topics include; the dangers of high blood pressure, the importance of exercise and how to choose an exercise regime, food and nutrition, maintaining a healthy weight and reducing obesity, quitting smoking, managing stress, medication, complementary remedies, women and high blood pressure. In this comprehensive guide, Christine Craggs-Hinton says that, while it is vital to see your doctor about your...


[READ ONLINE](#)

[6.93 MB]

Reviews

Very helpful to all type of individuals. It really is rally interesting throgh looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.

-- **Tyshawn Brekke**

The publication is easy in read through preferable to fully grasp. It is writter in simple phrases instead of hard to understand. You will not sense monotony at at any moment of your respective time (that's what catalogs are for concerning if you request me).

-- **Kevin Bergstrom Sr.**

You May Also Like



No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Do You Have NO Friends ? Are you tired of not having any friend and being lonely all the time...



Millionaire Mumpreneurs: How Successful Mums Made a Million Online and How You Can Do it Too!

Harriman House Publishing. Paperback. Book Condition: new. BRAND NEW, Millionaire Mumpreneurs: How Successful Mums Made a Million Online and How You Can Do it Too!, Mel McGee, Inspiring stories from some of the world's most successful mumpreneurs 'Millionaire Mumpreneurs' isn't about traditional...



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



Would It Kill You to Stop Doing That?

Book Condition: New. Publisher/Verlag: Little, Brown Book Group | A Modern Guide to Manners | A laugh-out-loud guide to modern manners by acclaimed humorist, author, and Vanity Fair columnist Henry Alford. | A few years ago, humorist and journalist Henry Alford found...



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to give your child an academically rigorous, comprehensive...



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half (Paperback)

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 sharpen their skills and don t mind...