

# High Blood Pressure Lowered Naturally



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Although life expectancy rates have increased dramatically, the number of people affected by heart disease also has increased over the last 20 years. Simply put, people aren't dying young from other causes, which means they live long enough to damage their hearts! To prevent becoming a "heart disease statistic," take charge of your own health by following the practical advice about nutrition, exercise, stress management and other heart-healthy lifestyle strategies in Healthy Heart Handbook. You'll also discover ingenious ways to lower your blood pressure and cholesterol levels, naturally. Learn how herbs can benefit your heart and circulatory system, and sample delicious heart-healthy recipes for favorite dishes scattered throughout the book. You'll find yourself consulting the helpful information in this book again and again.

作者介绍:

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