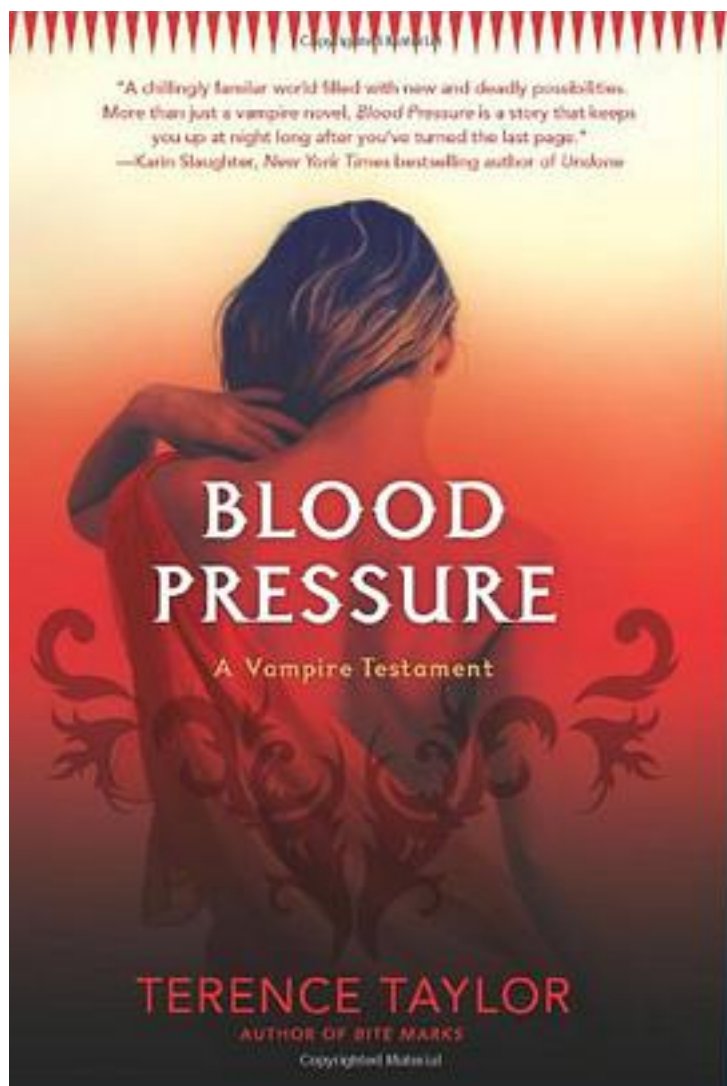


Blood Pressure



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Often referred to as the 'Silent Killer,' high blood pressure contributes significantly to mortality from cardiovascular disease. Many people either don't know they have high blood pressure, or they take pharmaceutical drugs to manage it. In this important booklet, Dr. Jane Semple describes another way to achieve and maintain healthy blood pressure-the naturopathic approach.

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