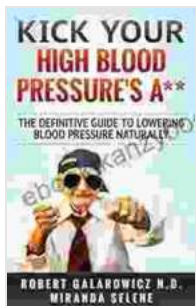


# Kick Your High Blood Pressure: The Ultimate Guide to Lowering Blood Pressure

High blood pressure is a major risk factor for heart disease, stroke, kidney disease, and other serious health problems. If you have high blood pressure, it's important to take steps to lower it. Kick Your High Blood Pressure is a comprehensive guide to managing blood pressure, featuring cutting-edge research, expert advice, and proven strategies.

## What is high blood pressure?

Blood pressure is the force of blood against the walls of your arteries. When your heart beats, it pumps blood into your arteries. The narrower your arteries, the harder your heart has to work to pump blood through them. This can cause your blood pressure to rise.



## Kick Your High Blood Pressure's A\*\*! The Definitive Guide to Lowering Blood Pressure Naturally (Hypertension, High Blood Pressure, Diabetes, Blood Pressure) by Robert Galarowicz

★★★★☆ 4.5 out of 5

|                      |             |
|----------------------|-------------|
| Language             | : English   |
| File size            | : 2696 KB   |
| Text-to-Speech       | : Enabled   |
| Screen Reader        | : Supported |
| Enhanced typesetting | : Enabled   |
| Word Wise            | : Enabled   |
| Print length         | : 65 pages  |
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High blood pressure is defined as a blood pressure reading of 140/90 mmHg or higher. A blood pressure reading of 120/80 mmHg or lower is considered normal.

### **What are the risks of high blood pressure?**

High blood pressure can damage your blood vessels and organs. It can lead to:

- Heart disease
- Stroke
- Kidney disease
- Eye damage
- Erectile dysfunction
- Death

### **What causes high blood pressure?**

There are many factors that can contribute to high blood pressure, including:

- Age: Blood pressure tends to increase with age.
- Race: African Americans are more likely to have high blood pressure than other races.
- Family history: High blood pressure tends to run in families.
- Weight: Being overweight or obese increases your risk of high blood pressure.

- **Diet:** Eating a diet high in sodium and low in potassium can increase your risk of high blood pressure.
- **Smoking:** Smoking increases your risk of high blood pressure.
- **Alcohol:** Drinking too much alcohol can increase your risk of high blood pressure.
- **Stress:** Stress can increase your risk of high blood pressure.

## **How is high blood pressure treated?**

There are a number of ways to treat high blood pressure, including:

- **Lifestyle changes:** Making lifestyle changes, such as losing weight, eating a healthy diet, and exercising regularly, can help lower blood pressure.
- **Medication:** Medication may be necessary to lower blood pressure if lifestyle changes alone are not enough.

## **Kick Your High Blood Pressure**

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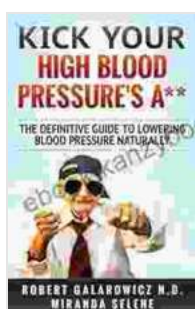
With this book, you'll learn how to:

- Understand the causes and risks of high blood pressure
- Make lifestyle changes to improve blood pressure
- Choose the right medication for you

- Manage stress and anxiety
- Reverse high blood pressure and live a healthier life

Kick Your High Blood Pressure is the definitive guide to lowering blood pressure and taking control of your health. Get your copy today and start living a healthier life!

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