



Heart Health Box Set: Simple Lifestyle Changes to Reverse Heart Disease and Lower Blood Pressure Naturally

Edward Wilson, Jennifer Smith, Linda Harris

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Heart Health Box Set (3 in 1)

Included Books

Heart Attack and Congestive Heart Failure: 20 Simple Lifestyle Changes to Prevent and Reverse Heart Disease

The High Blood Pressure Cure: How to Lower Your Blood Pressure Naturally

DASH Diet: DASH Diet Recipes to Lower Blood Pressure, Lose Weight and Improve Your Heart Health

The American Heart Association says that heart disease continues to be the number one cause of death in the United States, taking 380,000 individuals in 2010. Many people who carry a family history of heart disease and stroke worry about that serious risk. They can find helpful information in *Heart Attack and Congestive Heart Failure: 20 Simple Lifestyle Changes to Prevent and Reverse Heart Disease*. This easy to understand guide walks the reader through in-depth research and the most current information about how to improve the condition of the heart.

This book outlines 20 healthy and simple lifestyle changes that can eradicate heart disease, and it also tells how to increase energy and reach health-related goals. Easy to implement, effective and side effect free, these healthy habits can help anyone improve their health for today and for many years to come.

Read these 3 books for FREE on Kindle Unlimited – Download Now!

Do the dangers of high blood pressure and its potential complications have you worried? Do you want to find safe and effective strategies for naturally managing your hypertension?

Each year, hypertension causes more than 9 million deaths worldwide. Most hypertension drugs only target the symptoms of this disease and are not designed to address the actual source of hypertension or provide an

effective, long-term solution.

By reading *The High Blood Pressure Cure*, you can develop a comprehensive understanding of this disease and the different treatment options that currently exist. You will learn:

- **The signs, risk factors and causes of hypertension**
- **Beneficial lifestyle changes**
- **The DASH diet plan**
- **Herbal supplements and medications that will help you lower blood pressure**

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The DASH diet is based on medical research. Although the original goal of this eating plan was to lower blood pressure, the diet has helped many people shed unwanted pounds and develop a healthy lifestyle. It works by controlling the size of the portions you eat, for each food group, making sure you get the optimal levels of potassium, calcium, magnesium, fiber and protein.

***DASH Diet: DASH Diet Recipes to Lower Blood Pressure, Lose Weight and Improve Your Heart Health* will make it easy for you to follow the DASH diet. By reading this book you'll learn:**

- **The foods that you should be eating and the foods that you should avoid on the DASH diet**
- **Tips to make a seamless transition to this healthy way of living**
- **Delicious DASH diet recipes for breakfast, lunch and dinner**
and many more!

Do Something Good for Yourself Today and Download *Heart Health Box Set* Now!

TAGS: heart health, high blood pressure, heart disease, hypertension, heart disease prevention and reversal, DASH diet, heart disease diet, heart healthy diet, reverse heart disease, prevent heart disease, how to lower blood pressure, high blood pressure natural remedies, signs of high blood pressure, DASH diet for weight loss, DASH diet recipes, DASH diet cookbook, DASH diet for beginners, DASH diet weight loss solution, hypertension diet, lower blood pressure naturally

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Donald Rivera:

Is it anyone who having spare time then spend it whole day by simply watching television programs or just laying on the bed? Do you need something totally new? This Heart Health Box Set: Simple Lifestyle Changes to Reverse Heart Disease and Lower Blood Pressure Naturally can be the response, oh how comes? The new book you know. You are consequently out of date, spending your free time by reading in this fresh era is common not a nerd activity. So what these guides have than the others?

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