

Title:

Changing your life-style can lower blood pressure

Word Count:

379

Summary:

When treating high blood pressure it helps a lot if it is detected in an early phase, because

Keywords:

natural lower blood pressure

Article Body:

When treating high blood pressure it helps a lot if it is detected in an early phase, because

Afterwards, when what is called "pre-hypertension" is discovered, several other things should

As said before the blood pressure reading is very important when trying to prevent hypertensio

Besides lifestyle changes of course, proper medication has an important role in lowering blood

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