



# **Hypertension - High Blood Pressure: How To Lower Blood Pressure Permanently In 8 Weeks Or Less, The Hypertension Treatment, Diet and Solution**

*John McArthur*

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The Risks of Hypertension High Blood Pressure

No warning, no significant early symptoms are trademarks of one of the deadliest diseases on earth commonly known as hypertension or high blood pressure. It is no longer an “old person’s disease” because thousands of strokes occur in people under the age of 65 years.

Dr. W. Lee Cowden, M.D says: "High blood pressure often occurs due to a strain on the heart, which can arise from a variety of conditions, including diet, atherosclerosis [hardening of the arteries], high cholesterol, diabetes, environmental factors, as well as lifestyle choices. When these factors combine with a genetic predisposition, hypertension can occur in two out of three individuals."

The undue pressure in the arteries slowly erodes the arteries and organs and increases the risk of stroke, congestive heart failure, kidney failure and heart attack.

If high blood pressure is combined with factors such as obesity, smoking, high cholesterol or diabetes, the risk of heart attack or stroke increases dramatically – as much as 400% and more!

The Silent Killer is No Longer an “Old Person’s Disease”

Some Facts and Figures

Hypertension also known as High Blood Pressure is the leading cause of strokes and heart disease in the world. Globally more than 1 billion people are suffering from high blood pressure.

- Stroke is the No. 3 cause of death in the U.S.
- About 780,000 Americans will have a new or recurrent stroke this year because of hypertension
- About 150,000 Americans will die from a stroke this year
- About 73.6 million people in the USA age 20 and older have high blood pressure
- 33% in other words one in three adult Americans have high blood pressure
- 78% are aware of their condition and 54.6% don’t have it under control

A Program Designed by World Renowned Scientists, No Side Effects, No Expensive Medications, All Natural, Fast and Permanent Relief, In 8 Weeks or Less.

- Lower Blood Pressure and It Will Take the Pressure off Your Heart and Arteries
- You can treat high blood pressure from home.

In this book you will learn how to lower blood pressure naturally ...

- Lower Blood Pressure Naturally In 8 Weeks Or Less
- Take The Pressure Off Your Heart And Arteries
- Learn All About Treating High Blood Pressure From The Comfort Of Your Own Home

- Learn How To Lower Blood Pressure Naturally
- Learn About Foods That Lower Blood Pressure And More
- Miracle Foods That Lower Blood Pressure Foods That Lower Blood Pressure

There are some foods that have been shown to possess “miracle” properties when it comes to lowering and managing high blood pressure. It is recommended that you include these foods in your diet.

From Moderate High Blood Pressure To Normal In 7 Days!

In one case study a person took 100grams (¼ of a pound) of this celery every day for one week and dropped his blood pressure from 158/96 to 118/82.

In other words it went from hypertension to normal in 7 days.

Researches found that a small amount of this food every day will lower blood pressure by 12%-14% percent, and also lower cholesterol levels by about 7%.

Daily Intake of Oatmeal Decreases Risk of All Heart Disease By 27%

No fewer than 37 clinical studies conducted over the past few years show beyond any doubt that the regular intake of oatmeal and oat bran will reduce blood cholesterol levels, lower blood pressure, and generally reduce the long-term risk of heart disease.

The researchers found that the higher the oats intake, the lower the blood pressure, regardless of other factors such as age and weight, or alcohol, sodium, or potassium intake, which are known to affect blood pressure.

A 6 year study of 22,000 middle-aged males showed that consuming as little as 3 g daily of soluble fiber from oats, barley, or rye the risk of death from heart disease goes down by 27%.

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