



Hypertension : The Silent Killer

Hasnain Walji

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This is known as the silent killer because most victims don't realize they have high blood pressure. Nonetheless, all of us can adopt the healthier lifestyle outlined in this book.

The dominant medical system in the West attempts to cure disease once it has become established, in other words: the illness approach with "a pill for every ill"

The wellness approach primarily seeks to maintain the state of health and, thereby, prevent disease by denying it the opportunity to take hold.

The Natural Health Series is an exciting set of books that help you make an informed choice while using natural remedies with conventional medical treatment.

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Robert Carroll:

People live in this new morning of lifestyle always attempt to and must have the extra time or they will get lot of stress from both day to day life and work. So , once we ask do people have spare time, we will say absolutely sure. People is human not really a huge robot. Then we question again, what kind of activity have you got when the spare time coming to a person of course your answer can unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative in spending your spare time, the particular book you have read is actually Hypertension : The Silent Killer.

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