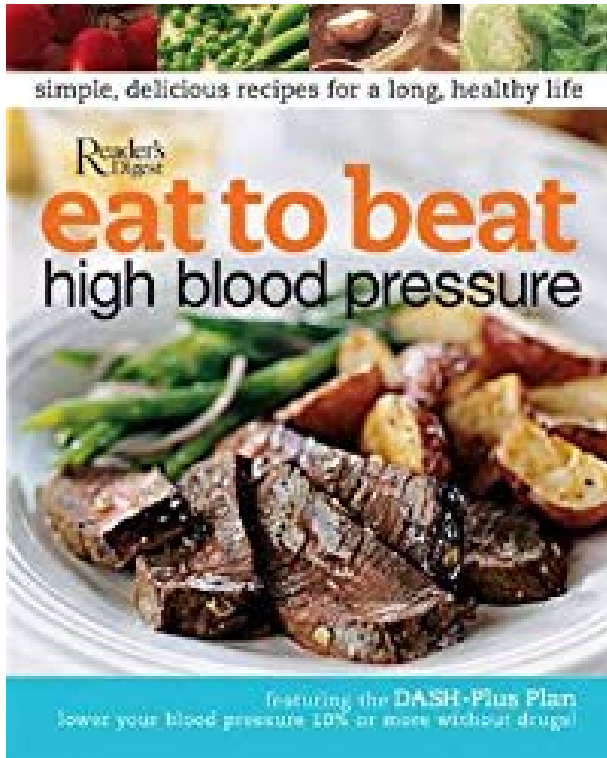


# Eat to Beat High Blood Pressure



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Lower your blood pressure in just two weeks with more than 300 flavorful easy recipes and an innovative diet plan. With over 200 stunning full-color photos, this comprehensive guide will help you quickly and easily lower your blood pressure. Each recipe includes a nutritional analysis, cooking tips, flavor substitutions, and health benefits.