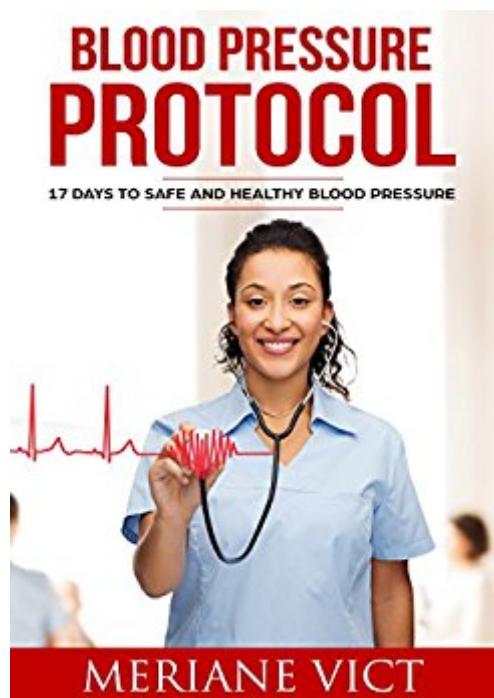


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# Blood Pressure Protocol: 17 Days To Safe And Healthy Blood Pressure



## Synopsis

Blood Pressure Protocol program is for anyone who has high blood pressure and would like to find a way to relieve it in a natural way. In which the author Meriane Vict promises to show you how to achieve a dramatic difference in your blood pressure. The book promises that if you implement the techniques you will achieve success in only 17 days. That might sound crazy, but the claim is that within 17 days of following the techniques in the book you will be able to improve your long term health and lower your blood pressure. After all, the number one contributor to high blood pressure is lifestyle and we can reverse our lifestyle changes and reverse hypertension by making changes to certain elements of the way we live our lives.

**About Blood Pressure Protocol**

What is the program really about and what makes it different than other blood pressure programs? The Blood Pressure Protocol claims to work by relying on vitamins, natural foods and supplements rather than blood pressure medication. The book is all about changing your diet so that you can transform your overall health. It considers itself an alternative to conventional medicine. Here are some things that you should know about the program before you choose to download it:

The book suggests that a secret ingredient called coenzyme Q10 is crucial to blood pressure and is able to lower it naturally.

The health tips in this book come from an American researcher called Dr. Meriane, who spent much of his career in Brazil learning from the Yanomamo Indians. He studied them for 10 years and he started to realise why they had no reported cases of high blood pressure. He wanted to know why.

Meriane realised that the natural diet of these Brazilian indigenous tribes was very high in coenzyme Q10, which was protecting them against high blood pressure.

Some of the foods that are suggested in the program include nuts, shellfish, pork, beef, chicken, dark leafy greens and coldwater fish such as herring, tuna and salmon. If you can incorporate more of these foods into your diet, the book claims that you will be able to reduce your blood pressure naturally.

The book isn't just about how to cure high blood pressure, it is actually a guide to improving your health in general through proper nutrition.

## Book Information

File Size: 12558 KB

Print Length: 125 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 9, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B074PXJ1J6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #27,927 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #3

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## Customer Reviews

Relax, laugh and eat right. A little low on daily calorie intake for a man. Recommended reading for anyone interested in their health.

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