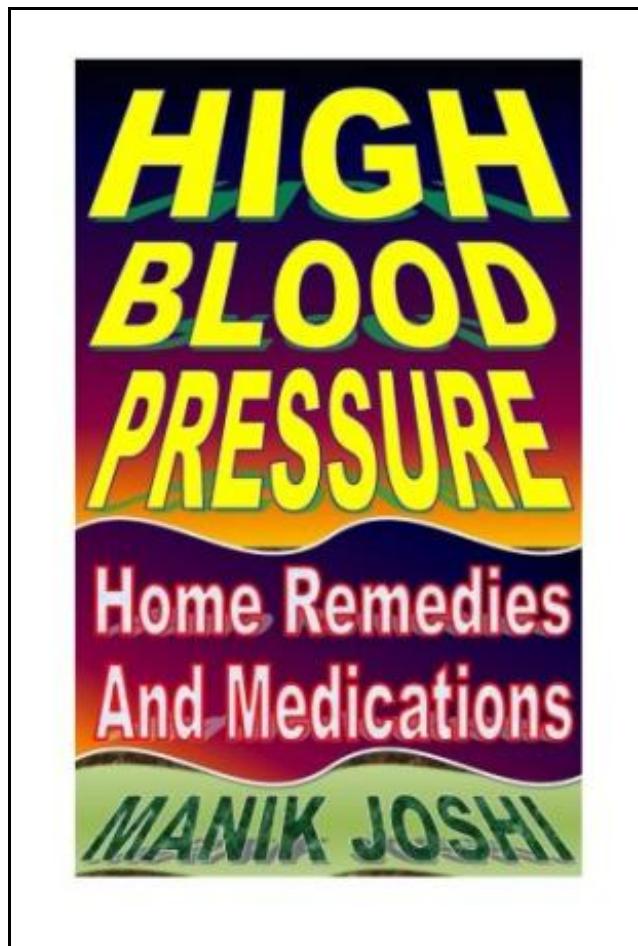


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book covers the following topics: What Is blood pressure, different stages of blood pressure, measuring blood pressure, variation in blood pressure, BP difference between right and left arms. blood pressure symptoms, blood pressure causes, high blood pressure and health problems, body weight and blood pressure, cholesterol and blood pressure, pulse rate and blood pressure, home remedies (a). healthy weight, (b). physical activity, (c). healthy diet, (d). healthy drinks, (e). effective minerals, (f). useful herbs, (g). what to avoid?, (h). others; blood pressure and medications, some useful facts Sample This: Blood pressure is the force or pressure in which circulating blood pushes against the wall of arteries and pumps from the heart to other parts of the body. Blood pressure delivers oxygen and nutrients through arteries to the organs and tissues. Types of Blood Pressure: (1). Low Blood Pressure: When blood pressure is low enough that the flow of blood (along with oxygen and nutrients) to the different parts of the body is insufficient, it is called low blood pressure.; (2). High Blood Pressure: When blood pressure is high enough that the flow of blood (along with oxygen and nutrients) to the different parts of the body is more than sufficient, it is called high blood pressure. Systolic and Diastolic of Blood Pressure: (1). Systolic Pressure -Systolic pressure is the highest blood pressure that occurs when heart beats. (2). Diastolic Pressure- Diastolic pressure is the lowest blood pressure that occurs when heart relaxes between two beats. Blood pressure is measured in millimeters of mercury (mmHg). Blood pressure is shown in two numbers with one number on the top of the other. Example: Blood pressure reading...

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