

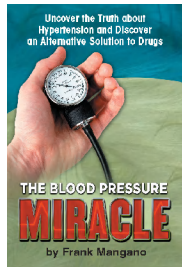


FOR IMMEDIATE RELEASE

THE BLOOD PRESSURE MIRACLE

Author's Book explains how Simple Lifestyle Changes and Natural Remedies can Lower your Blood Pressure

The Blood Pressure Miracle teaches you how to dramatically improve your health naturally, without expensive and potentially dangerous prescription drugs.



Author Frank Mangano's mother was diagnosed with high cholesterol. After performing his own research, he discovered there's a direct correlation between high blood pressure and high cholesterol. Rather than taking prescription medication, he advised his mother to make specific lifestyle changes that reduced her cholesterol level by almost 40 points. Now, through *The Blood Pressure Miracle*, he shares his natural ways to lower your blood pressure, which can improve your overall health.

The Blood Pressure Miracle is a unique, all-natural system for lowering your blood pressure that's not based on a single approach such as stress reduction or herbs or special foods or exercise but, instead, on a combination of methods that have been scientifically proven to work, compiled into one comprehensive lifestyle program.

You will be surprised at how many options you have: simple lifestyle changes, inexpensive natural supplements, and even regular foods you can buy at your local grocery store have all been proven to improve heart health and reduce blood pressure. When you combine these strategies together, as in *The Blood Pressure Miracle*, the results are multiplied (which also explains why, if you tried a single natural remedy in the past, it did very little or nothing at all.)

Publisher's Web site: www.strategicbookpublishing.com/TheBloodPressureMiracle.html

About the Author:

Frank Mangano is a consumer health advocate and natural health writer who has authored and published numerous reports and a considerable amount of articles pertaining to natural health. Frank is an independent researcher and has absolutely no financial ties to any pharmaceutical drug company or supplement company.



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