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Hypertension (52 Brilliant Ideas) By Rob Hicks**

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Keeping blood pressure under control reduces risk

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Keep your blood pressure as close to these numbers as you can. If you already have kidney disease, ask your doctor Keep your diabetes under control

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Sep 10, 2012 The only way of constantly keeping track of your blood pressure

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Keep lid on for a few minutes after boiling, pressure causes shell to fall off. and brilliant. Extraordinary ideas. Sharp thinking.

Living with hypertension: 6 tips to keep blood

hypertension and in reduce the need of medication, as well as the risk of stroke, so here are 10 simple tips for keeping blood pressure under control.

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