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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**The Highway to Health – Blood Pressure**

**By Tony Howarth**

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What is... Blood Pressure? A free report from

[www.TheHighwayToHealth.com](http://www.TheHighwayToHealth.com)

(This article is an extract of the full PDF available at the above URL.)

\* What's wrong with high blood pressure?\*

<http://www.thehighwaytohealth.com/>

that goes in to more detail about what exactly 'blood

pressure' is, and what the numbers mean.

\*What is \_too high?\_\*

<http://www.thehighwaytohealth.com/>

for a full explanation of the numbers, and

what 'ideal' means for you.)

\* Three fast steps to change your Blood Pressure \*

1. Exercise helps to improve your blood pressure.

[www.TheHighwayToHealth.com](http://www.TheHighwayToHealth.com)

for a 'secret' way to exercise.)

2. Changing your diet can help your blood pressure.

[www.TheHighwayToHealth.com](http://www.TheHighwayToHealth.com)

can help tell if you're overweight.)

3. If you drink alcohol, decreasing the amount you drink will improve your blood pressure. (

[www.TheHighwayToHealth.com](http://www.TheHighwayToHealth.com)

tells you how much is too much and how to work it all out.)

So now you know what's too high, why it matters and what to do about it.

Come on over to

<http://www.thehighwaytohealth.com/>

for the full (free) report and grab yourself an

eBook that will improve your health, extend your life (probably!) and save you money too.

(c) 2004, Tony Howarth – UK registered pharmacist

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## **Using Blood Pressure Monitors To Maintain Your Health**

**By Mike Yeager**

<http://www.a1-medical-supplies-4u.com/productpage/medicalequipment.html>

[mjy610@hotmail.com](mailto:mjy610@hotmail.com)

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