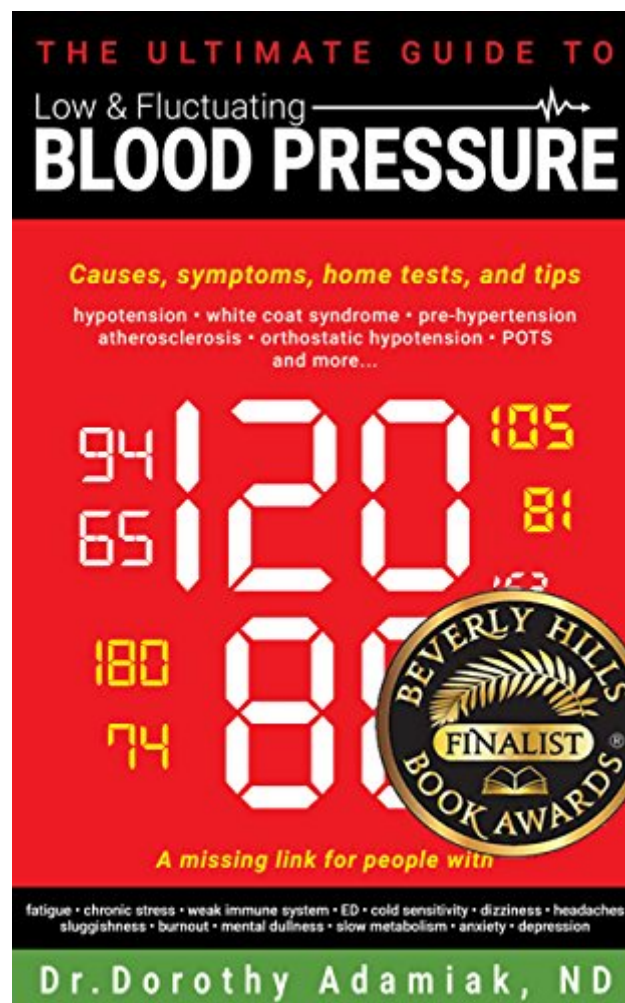




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# The Ultimate Guide To Low And Fluctuating Blood Pressure: Symptoms, Causes And Solutions



## Synopsis

Why is your blood pressure doing funny things? Why is it high one time and flat low the other minute? Why is your heart rate so erratic? Ponder no longer. After reading just a few chapters you will know whether:

- Your blood pressure is in a danger zone
- What are long-term complications for fluctuating blood pressure
- Which supplements to take to stabilize erratic circulation
- Which foods to avoid and which foods to eat
- What tests can you do at home to find out underlying causes of circulatory instability
- How to bring blood pressure and heart rate back to normal by using only home methods

The Guide will give you a deep insight into the works of your body and make you an expert blood pressure tamer. Abundant tips and simple home tests will guide you towards self-discovery and health improvement beyond circulatory system.

## Book Information

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## Customer Reviews

This book gives a very well researched study on blood pressure, its causes, and its various remedies. Tired of all the pills and their side effects? Take a look at this book and see if it can give you some guidelines the doctors won't take the time to discuss.

Very informative. I have put nearly all the ideas in practice and have seen great results. My doctor is working with me to lower my medication safely as my BP begins to drop.

This book is almost exclusively about low blood pressure with little coverage of fluctuating blood pressure, which I have. And, in that regard, it seems geared to people with low (and fluctuating) blood pressure and not people with high (and fluctuating) blood pressure.

Lots of overlooked editing mistakes! That's a pet peeve of mine...didn't always stick to topic either. I did appreciate the website links.

Good, but not talk about spike BP and high blood pressure. Leans toward low BP.

A really interesting and easy-to-read book. Very helpful

Haven't finished reading

I had the distinct honour of reading this book before it was published. Understanding Dr.D's wealth of knowledge, clinical experienced and attention to detail I had high expectations, but did not completely know what to expect. Due to my training as massage therapist I have better then average understanding of health and wellness. I am familiar with blood pressure cuff's and contraindications of treatment.This book is chalk full with details about blood pressure, whether low, high or fluctuating. It provides detailed explanations for the many contributing factors and serves as an empowering guide to find a path to better health and wellness. It shows you how a basic home use blood pressure cuff can be used as a self diagnostic tool, this book is so much more then a blood pressure guide. As the human body is not just the sum of many parts, but a complex machine you will learn how diet, daily habit's, exercise, stress at home or work and even breathing affects your cardio vascular system and by extension your mood, energy and wellness. You will understand how certain foods/beverages and when they are consumed may be triggering a recurring problem and what to do about it. Not only are you getting invaluable information in easy to follow language, it is all backed by references to relevant research studies if you are so inclined.If you are looking to take charge of your health without all the medical jargon, you will not be disappointed.

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Blood Pressure: High Blood Pressure, Its Causes, Symptoms & Treatments for a long, healthy life.: Plus 9 Free Books Inside. (Blood Pressure, High Blood ... Hypertension, Blood Pressure Solutions.)

The Ultimate Guide to Low and Fluctuating Blood Pressure: Symptoms, causes and solutions

BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book)

Blood Pressure: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood Pressure and Reducing Hypertension (Blood Pressure Series Book 1)

Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners)

Blood Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series Book 2)

Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1)

High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI)

Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating)

Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook)

Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes)

Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1)

Blood Pressure: Blood Pressure Solution: The Step-By-Step Guide to Lowering High Blood Pressure the Natural Way in 30 Days! Natural Remedies to Reduce Hypertension Without Medication

HIGH BLOOD PRESSURE: Blood Pressure Solution: The Step-By-Step Guide to Lowering High Blood Pressure the Natural Way, Natural Remedies to Reduce Hypertension Without Medication

Blood Pressure Solution: How to lower your Blood Pressure without medication using Natural Remedies (Natural Remedies, Blood Pressure, Hypertension)

Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes)

Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook)

Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb

diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes)

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