



## **5 Steps to Controlling High Blood Pressure**

Sheldon G. Sheps

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5 Steps to Controlling High Blood Pressure focuses on the central role you play in a treatment program. It highlights five fundamental elements of a program: \* Choosing foods that promote better health \* Becoming more physically active \* Eliminating tobacco and limiting alcohol \* Replacing stress and anxiety with calm and happiness \* Taking advantage of today's best medications



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