



GPRX for High Blood Pressure (Great Physician's Rx Series)

Jordan Rubin, Joseph Brasco

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Seven Keys to defeat hypertension and unlock overall health potential.

An estimated one in every three American adults-65 million in all-has high blood pressure, or hypertension. In general, the older you are, the greater your chance of developing high blood pressure. Once high blood pressure develops, it usually lasts a lifetime unless steps are taken to control it.

More than two-thirds of the Americans with hypertension are taking at least one medication for their afflictions. Following the Seven Keys that make up the Great Physician's prescription for health and wellness can set you down the right road toward lowering your high blood pressure and regaining your health. This strategy for defeating hypertension is based on the Seven Keys to unlock your God-given health potential first described in *The Great Physician's Rx for Health and Wellness*.

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