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HOW TO LOWER YOUR BLOOD PRESSURE



SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, How to Lower Your Blood Pressure, Christine Craggs-Hinton, Contrary to popular belief, high blood pressure is not an inevitable consequence of getting older, but is usually a result of a few lifestyle factors. There is sometimes a genetic component too, which means it can run in the family. In the UK, around 50 per cent of people over 65 have it, and some 70 per cent of those in their 70s. These...

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- Authored by Christine Craggs-Hinton
- Released at -



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