

INCLUDES A 7-DAY MEAL PLAN  
THAT CAN LOWER BLOOD PRESSURE!

# Outsmart HIGH BLOOD PRESSURE

*Expert-endorsed solutions for lowering  
blood pressure quickly and safely*

- LOSE UNWANTED POUNDS
- ERASE POINTS FROM YOUR BLOOD PRESSURE READING
- SLASH YOUR RISK OF HEART DISEASE, STROKE,  
AND OTHER SERIOUS HEALTH PROBLEMS

By the Editors of  
*Prevention Health Books*

# Outsmart High Blood Pressure

**Rose Arny**

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