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## KEY=TIPS - BROOKLYN MAHONEY

**201 Tips to Control High Blood Pressure** Diamond Pocket Books Pvt Ltd This book is very important because crores of High Blood Pressure patients in India do not have any direct access to knowledge about what' all they can do to take care of their Blood Pressure. Most of the physicians do not have time to explain these factors or train the high BP patients. The cardiologists are not at all interested in patients who just want to control high BP. They would like to treat patients who need Bypass Surgery or Angioplasty or has a heart attack. The net result is that most of the high BP Patients do not get proper treatment or keep on taking only medicines. This book will give a complete knowledge which is usable by the high BP patients and solve their queries about what to do and what not to do. In this book, which is mainly meant for the patients with High Blood Pressure, I am going to explain the cause and effect of High Blood Pressure on our body; explain what we can do to take care of this common but fatal disease. I am going to emphasize more on non drug treatment of high BP so that continuous intake of tablets to control BP is not required for a long period. This treatment will include advice to cut down stress or tension, lifestyle changes, know how about diet and cooking food, weight reduction tips, yoga, exercise and walking. **Ramakrishna Paramahansa - (**

**201 tips for high blood pressure control** Tips for controlling high blood pressure. **Zero Oil Cook Book** Diamond Pocket Books (P) Ltd. **Vaastu Corrections without Demolition** Diamond Pocket Books (P) Ltd. **Memory Mind & Body** Diamond Pocket Books (P) Ltd. **Ladies Slimming Course** Diamond Pocket Books (P) Ltd. **Vegetarian Cook Book** Diamond Pocket Books (P) Ltd. **Sudoku Pearls** Diamond Pocket Books (P) Ltd. **Gas, Acidity & Heartburn** Diamond Pocket Books (P) Ltd. **Stroke Paralysis** Diamond Pocket Books (P) Ltd. **Vegetarianism** Diamond Pocket Books (P) Ltd. **How to Play Tabla** Diamond Pocket Books (P) Ltd. **The Unofficial Joke Book Of Mulla Nasruddin** Diamond Pocket Books (P) Ltd. **Chalisa Sangreh (Including Aarties In Roman)** Diamond Pocket Books (P) Ltd. **201 Tips For Loosing Weight** Diamond Pocket Books (P) Ltd. **How To Play Harmonium & Synthesiser** Diamond Pocket Books (P) Ltd. **Way To Attract Wealth** Diamond Pocket Books (P) Ltd. **201 Tips for Diabetes Patients** Fusion Books In this book, you will find all the diabetes related queries that you could think of about diet, stress, exercises and other miscellaneous queries are answered in a very simple language. You must not have got such simple answers before. Diabetes is a very common illness in the modern times. The number of diabetes patients is rapidly growing all over the world including India. It is a chronic disease and a slow killer — killing people by damaging the. kidney, causing heart disease, coma or by gangrene formation. With no permanent remedy at site — there is a silver lining. This disease can be completely controlled by lifestyle management, education and changes in diet habits. In advanced cases allopathic as well as ayurvedic drugs and insulin, in combination of lifestyle changes, can keep the diabetic patient completely healthy. **201 Tips For High Bloodpressure (201**

**201** Diamond Books This book is very important because crores of High Blood Pressure patients in India do not have any direct access to knowledge about what' all they can do to take care of their Blood Pressure. Most of the physicians do not have time to explain these factors or train the high BP patients. The cardiologists are not at all interested in patients who just want to control high BP. They would like to treat patients who need Bypass Surgery or Angioplasty or has a heart attack. The net result is that most of the high BP Patients do not get proper treatment or keep on taking only medicines. This book will give a complete knowledge which is usable by the high BP patients and solve their queries about what to do and what not to do. In this book, which is mainly meant for the patients with High Blood Pressure, I am going to explain the cause and effect of High Blood Pressure on our body; explain what we can do to take care of this common but fatal disease. I am going to emphasize more on non drug treatment of high BP so that continuous intake of tablets to control BP is not required for a long period. This treatment will include advice to cut down stress or tension, lifestyle changes, know how about diet and cooking food, weight reduction tips, yoga, exercise and walking. **Zero Oil Thali (A Complete Meal Without Oil)** Diamond Pocket Books (P) Ltd. **Sri Aurobindo** Diamond Pocket Books (P) Ltd. Short biography of Sri Aurobindo, 1872-1950, Indian philosopher and nationalist. **The Magic of Vaastu Shastra** Diamond Pocket Books (P) Ltd. **Blood Pressure : Rogiyon Ke Liye 201 Tips -**

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