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Healthy Smoothie Recipes for High Blood Pressure 2nd Edition

Dr Elizabeth Wan

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Healthy Smoothie Recipes for High Blood Pressure 2nd Edition teaches you how to develop smoothie recipes for

natural hypertension treatment. This smoothie recipe book will help you learn how to make protein smoothies, fruit smoothies, green smoothies, vegan smoothies and herbal smoothies to treat high blood pressure naturally. *Healthy Smoothie Recipes for High Blood Pressure 2nd Edition* also teaches you the vitamins, minerals and other nutrients found in various fruits, vegetables, nuts and seeds so that you can choose the best ingredients for your own delicious hypertension smoothies.

About the Author Dr Elizabeth Wan is an integrative medicine doctor who knows that a healthy diet can prevent and reverse many lifestyle diseases. Follow her on Twitter @DrElizabethWan or visit her blog <http://HealingSmoothies.blogspot.com/>.