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# Healthy Smoothie Recipes for High Blood Pressure

*Dr. Elizabeth Wan*

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**Dr. Elizabeth Wan : Healthy Smoothie Recipes for High Blood Pressure** before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy Smoothie Recipes for High Blood Pressure:

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Healthy Smoothie Recipes for High Blood Pressure teaches you how to make fruit smoothies, green smoothies, vegan smoothies and herbal smoothies to include in your DASH diet and treat hypertension naturally.

About the Author Dr. Elizabeth Wan is an integrative medicine doctor who knows that a healthy diet can prevent and reverse many lifestyle diseases. <http://HealingSmoothies.blogspot.com>