



## 5 Steps to Control High Blood Pressure: Is High Blood Pressure Affecting Your Health?

*Dr. Anjali Arora*

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High blood pressure is a silent killer. It affects people of all ages and backgrounds. Many people of all ages and backgrounds. Many people suffer from high blood pressure and are not even aware of it. This book provides basic information on the causes and effects of high blood pressure and how to keep it under control.

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