



# Your Family Doctor to High Blood Pressure

*Dr Vinod Wadhwa*

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## **Your Family Doctor to High Blood Pressure** Dr Vinod Wadhwa

High blood pressure or hypertension is a disease which is easily manageable but if left unattended, it can play havoc with our body. Written in a lucid manner, this small yet powerful book explains the causes and effects of hypertension and suggests easy remedies. Let us scientifically and systematically eliminate this silent killer. Quick Action Plan Know your blood pressure Know what is a good blood pressure reading for you Identify your blood pressure goal and strive to achieve it

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