



# Hypertension : The Silent Killer

*Hasnain Walji*

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## **Hypertension : The Silent Killer** Hasnain Walji

This is known as the silent killer because most victims don't realize they have high blood pressure. Nonetheless, all of us can adopt the healthier lifestyle outlined in this book.

The dominant medical system in the West attempts to cure disease once it has become established, in other words: the illness approach with "a pill for every ill"

The wellness approach primarily seeks to maintain the state of health and, thereby, prevent disease by denying it the opportunity to take hold.

The Natural Health Series is an exciting set of books that help you make an informed choice while using natural remedies with conventional medical treatment.

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