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If I have HBP, what can I do to take care of myself? There are eight main ways you can control your blood pressure. They are: Eat a better diet, which may include

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If there is some way to relax you the BP will probably come down without medication. brain control of taking high blood pressure medication have to be

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it s no exaggeration to suggest that keeping your blood pressure under control is one Prescription blood medication without high blood pressure and

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Diet, Exercise, and Other Lifestyle Changes. In addition to taking medicine, you can do many things to help  
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