I,, will beat hypertension in 30 days. Here's how:    Weigh-in   Exercise 30-60 min.   Practice Forgiveness   Eat Potassium-Rich Foods   Read Labels   Excess Salt								
	Weigh-in	Exercise 30-60 min.	Practice Forgiveness	Eat Potassium-Rich Foods	Read Labels	Excess Salt	Alcohol	Junk Food
			Reduce Stress	Eat Oats/Calcium-Rich Foods		Cola Drinks	Coffee	Caffeine
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