



## Home Remedies For Blood Pressure And Diabetes

*Monica Sidoine*

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# Home Remedies For Blood Pressure And Diabetes

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## **Home Remedies For Blood Pressure And Diabetes** Monica Sidoine

This book presents very simple, low costing home remedies for High and Low Blood Pressure; also for Diabetes. Which can be used in the home for preventive health care and well being. It contains information on the symptoms, causes, treatments and health tips for them. The home remedies are very beneficial and effective. The procedures in this book was designed to be as simple as possible so that anyone will be able to follow them. Most of the items used are local things which you would either have at home in your kitchen cupboard or in your kitchen garden. If not they can be easily purchased from the local market or the health store.



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