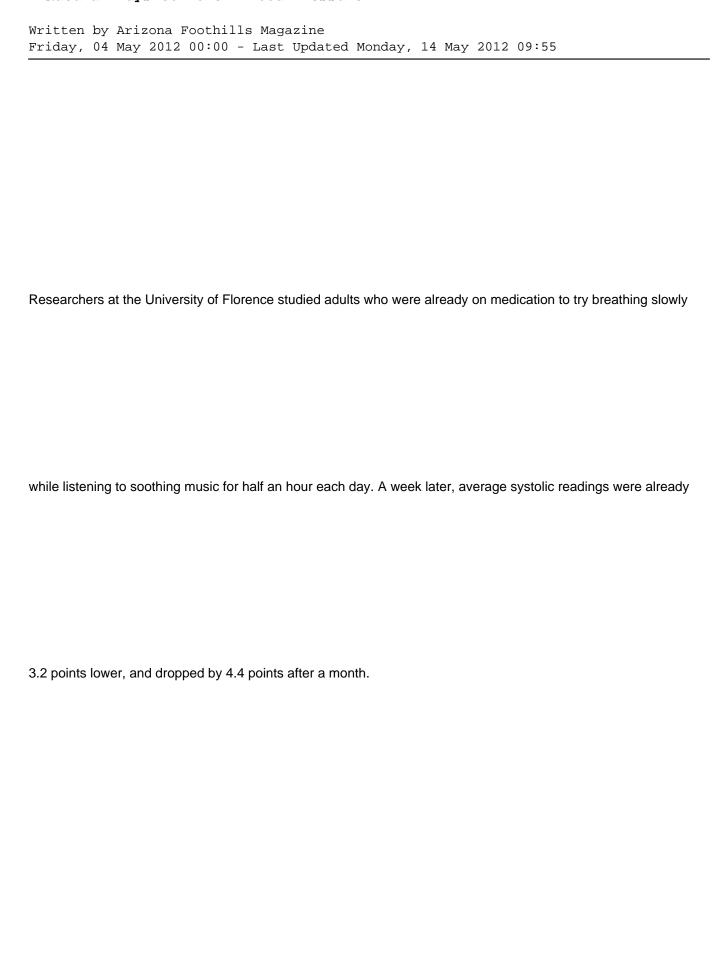
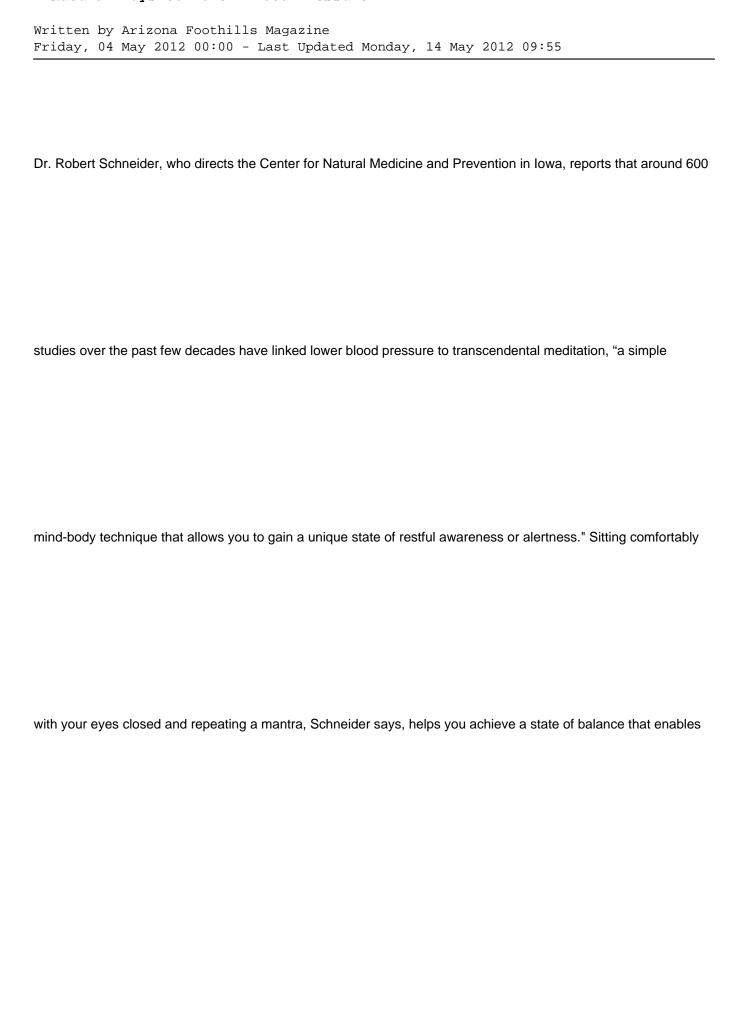
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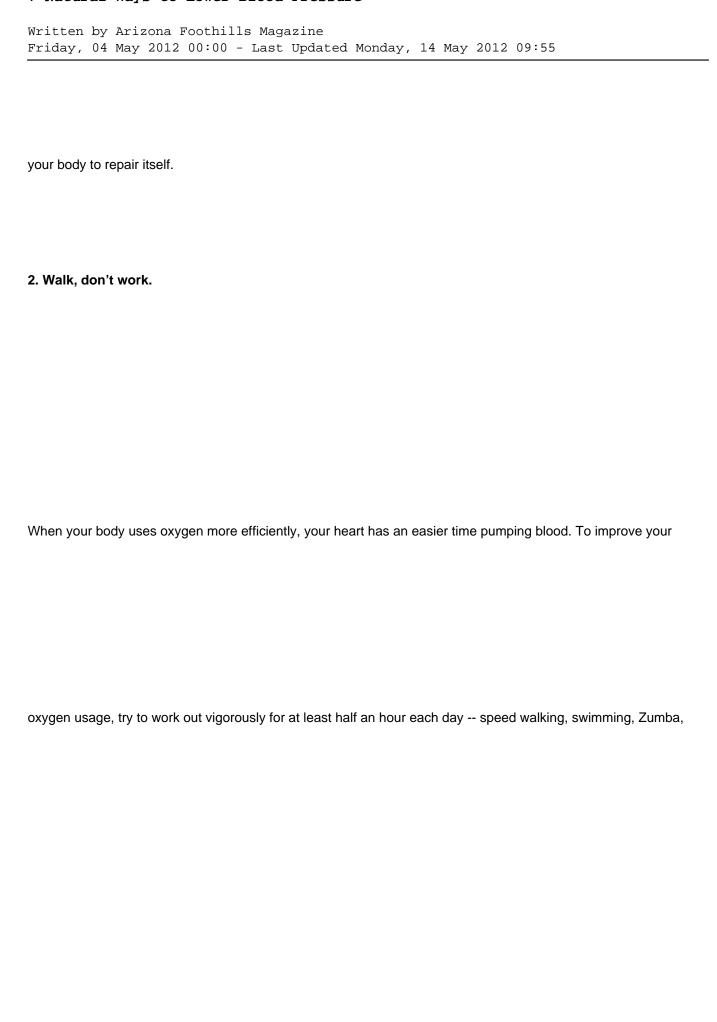
There are all kinds of medications for treating high blood pressure, but artificial methods aren't the only way to keep hypertension levels healthier. These seven techniques have all proven effective to help <u>lower blood pressure</u>, and they're easy to incorporate into everyday life.



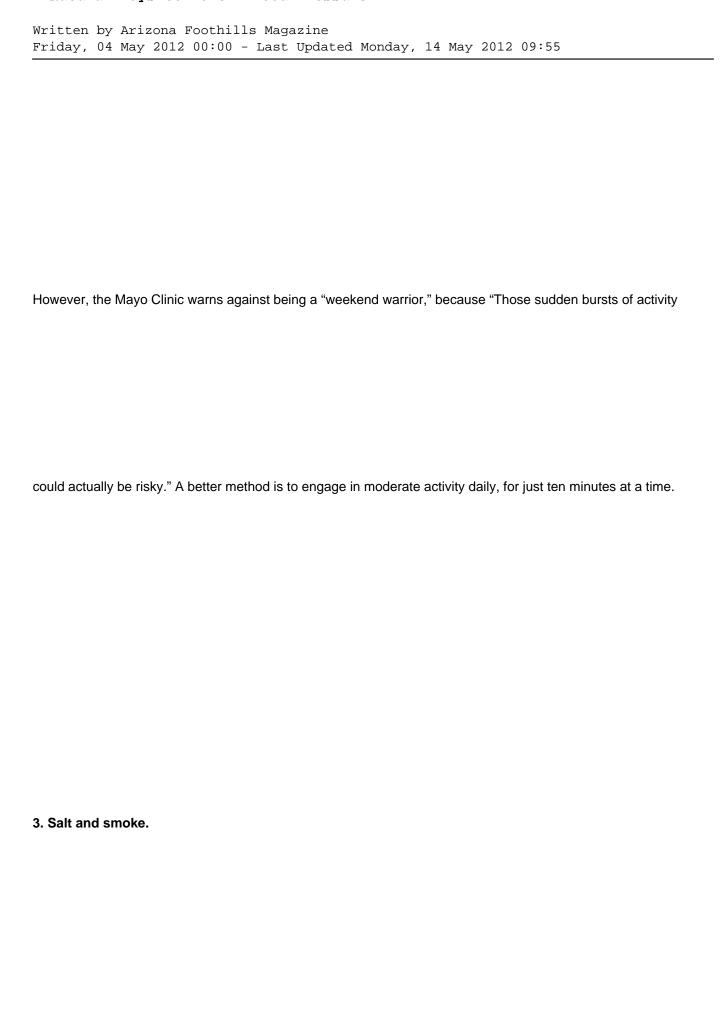
1. Music and meditation.

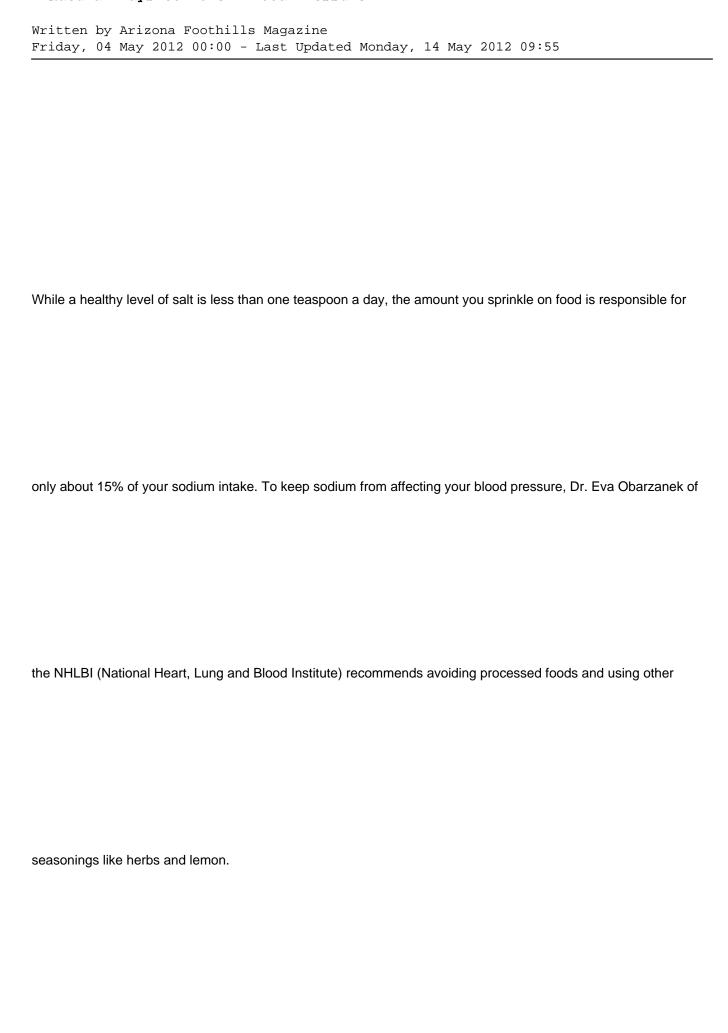


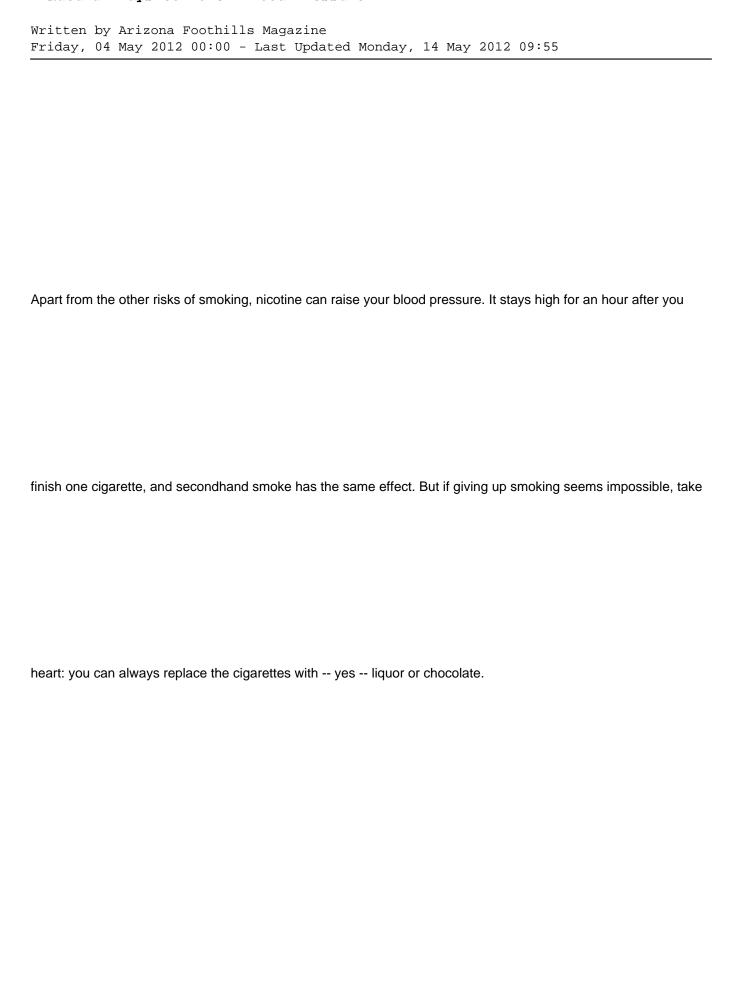


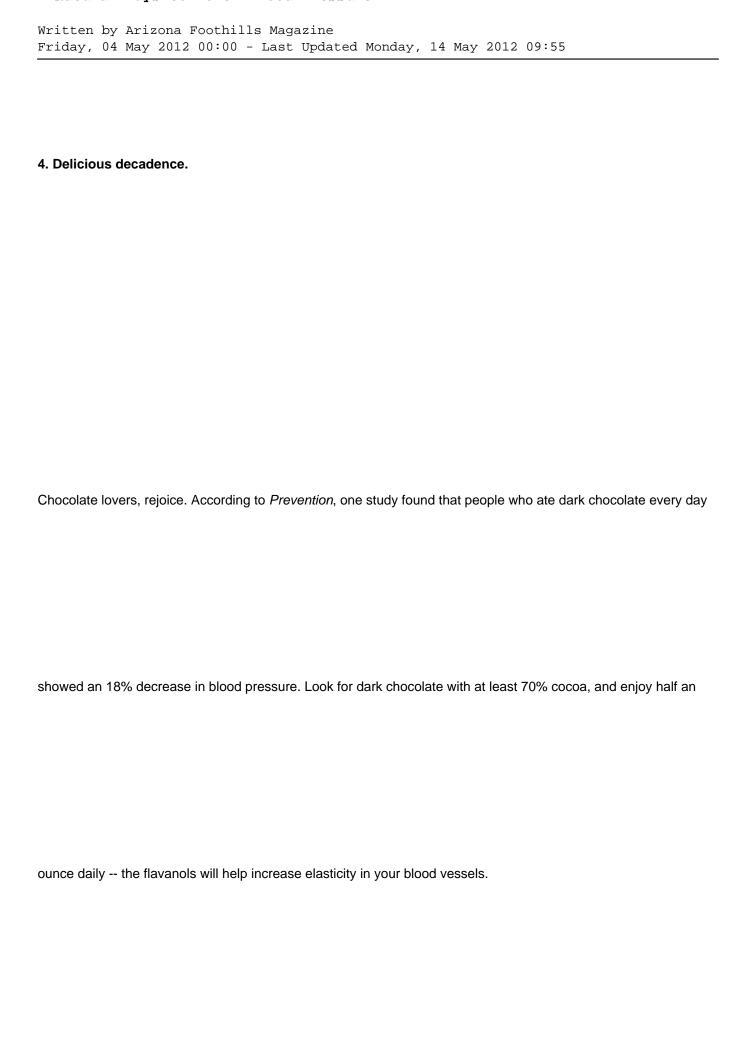


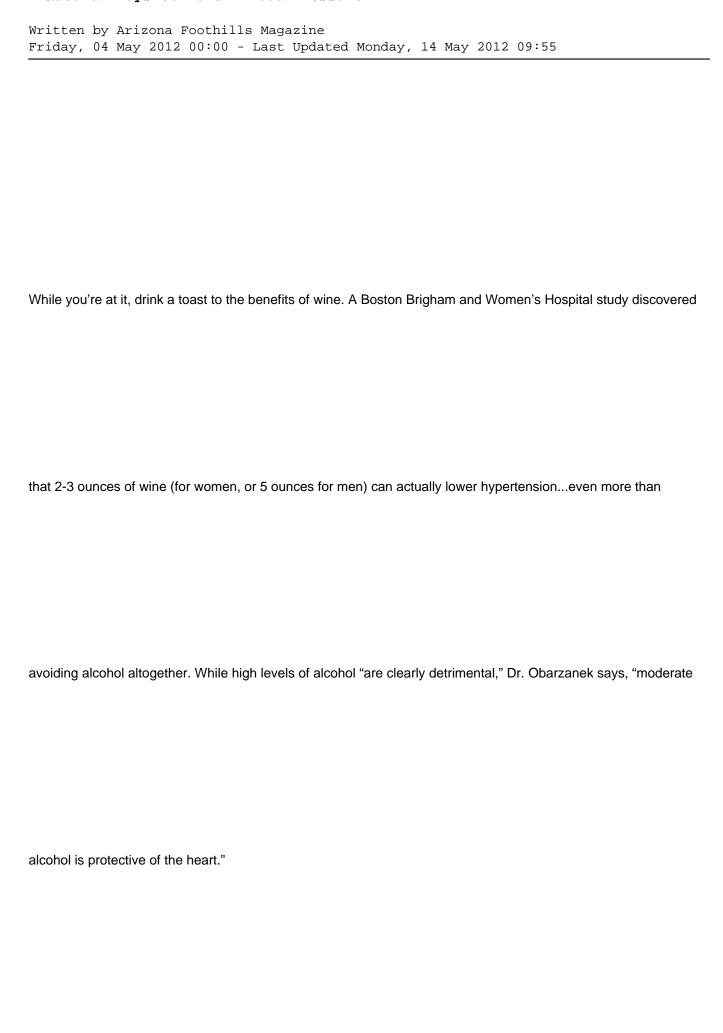












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5. Give yourself a break.

