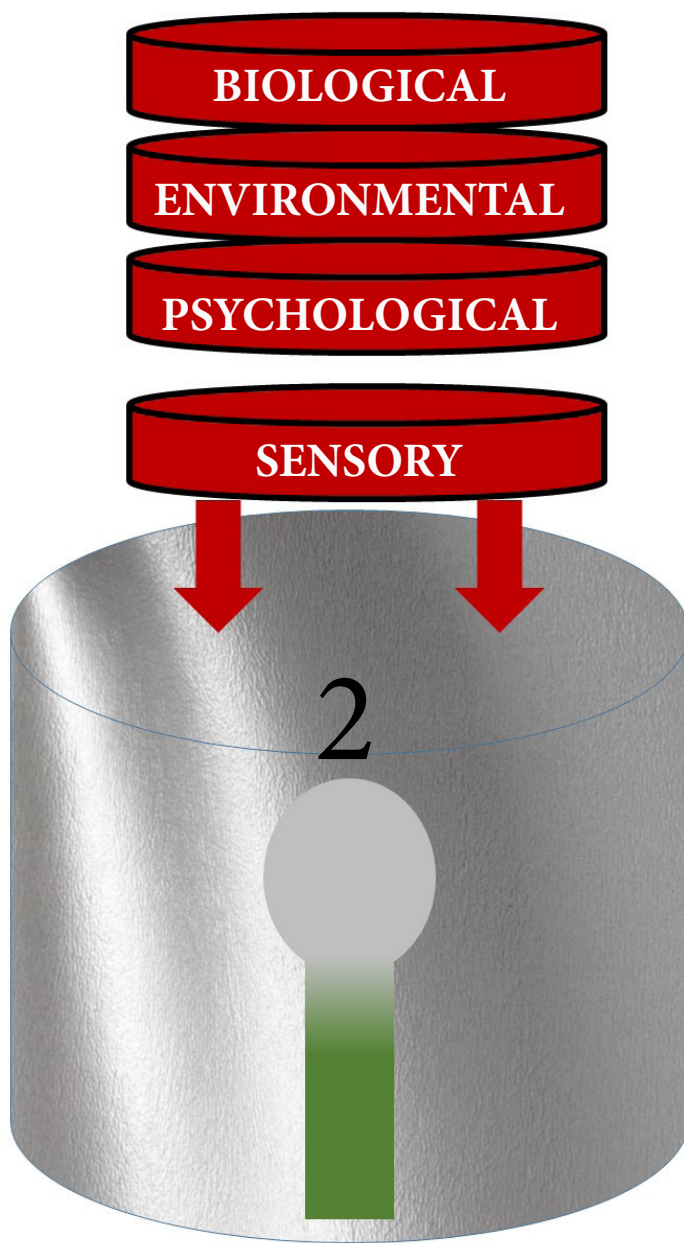


WHAT REALLY CAUSES HIGH BLOOD PRESSURE?

Think of this vault as your blood pressure. When your body and mind are healthy, blood pressure is normal - about 120/80.



You might be surprised to know the ONLY cause is actually: **STRESS**. But there are many types of stress. See how they stack up into our blood pressure vault?

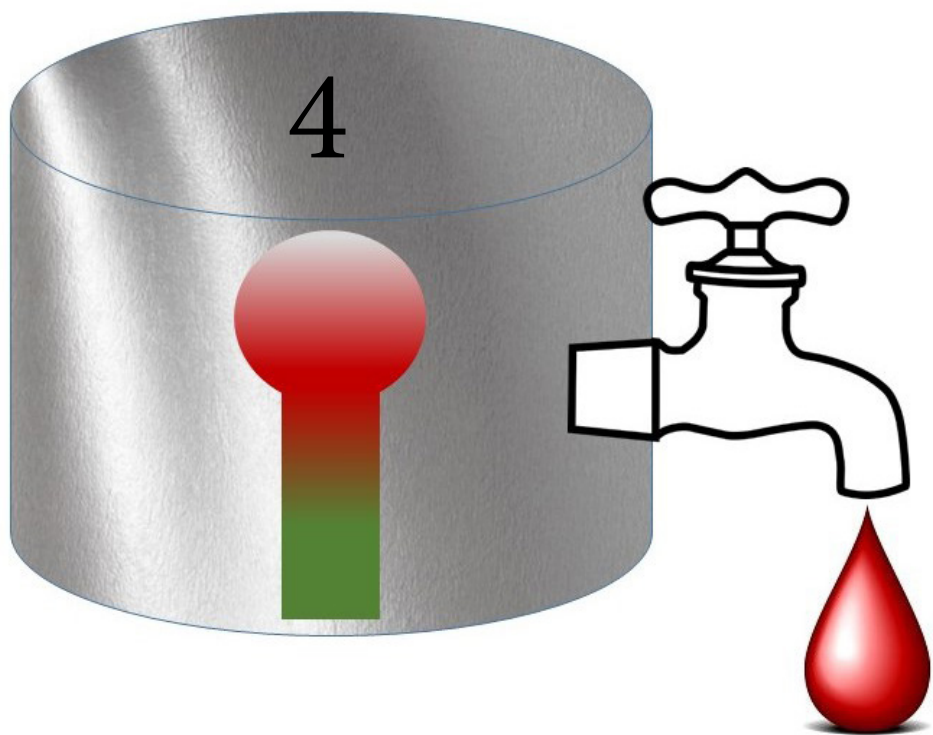
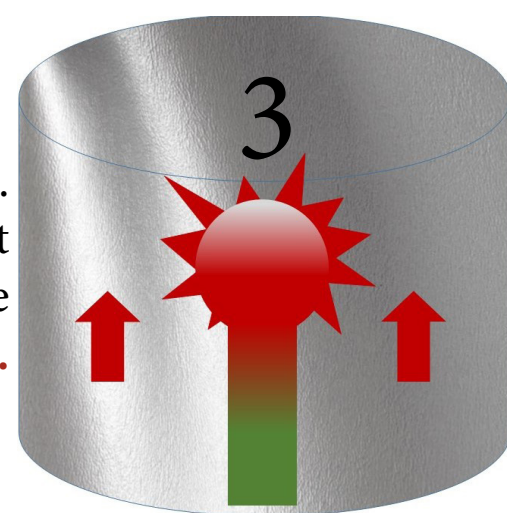
Biological stress can be a disease like diabetes or genetic issues.

Environmental stress can be caused by air pollution from smog, or irritants in the home.

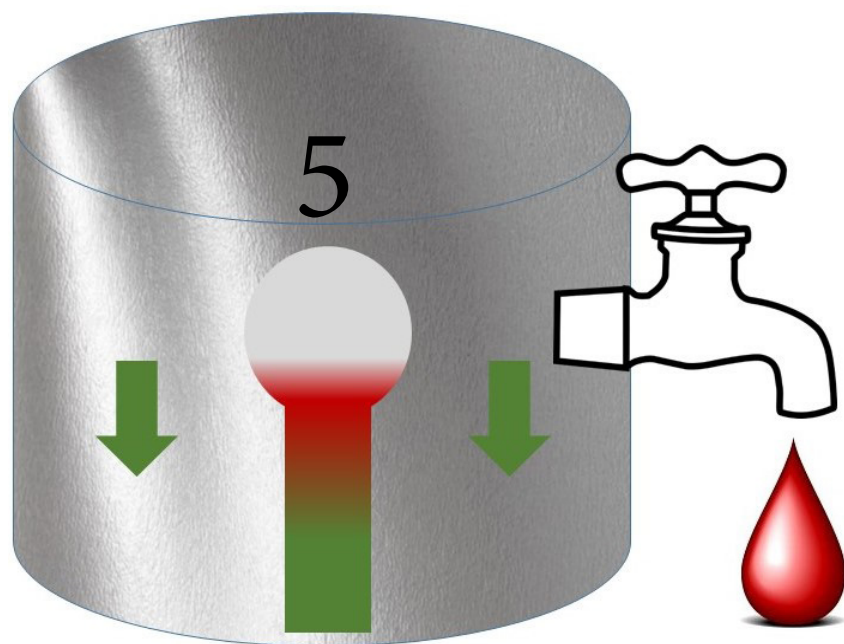
Psychological stress is the mental unrest caused by anxiety, anger, sadness, panic, and even extreme joy.

Sensory stress is what we experience when there is an assault on our senses - prolonged noise pollution or foul odors from a chemical plant near our home.

Without an outlet for the stress to release, blood pressure rises. Sometimes it can be a healthy uptick. Over time, and without treatment, though...it can be dangerous. Unmanaged, it can cause **stroke** and **heart attack**.



That's why our [blood pressure exercises](#) are so incredibly powerful...these 3 easy exercises are like adding a release valve to your vault, allowing the stress to escape.



Using the [exercises](#), your stress vault can drain away...until your body's health and harmony return. It's that simple. And the best news? **ANYONE** can do the exercises, they're so easy.



Find out how you can completely eliminate high blood pressure - easily and **permanently** - with these [simple exercises](#) guaranteed to work.

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