



Understanding High Blood Pressure

This seminar is realistic, unique and empowering! You will learn how to avoid this common illness or how to take control of it if you already have it. Everyday that you live with high blood pressure you maybe losing precious days from your life if you don't fully understand what's happening to your body. In most cases high blood pressure has no obvious signs or symptoms until it has already done significant damage. And some people have the attitude, "if it ain't broke, don't fix it." But the fact is that "it" may be "breaking" and we just don't know it yet.

Learning about this common illness can empower you to take control and avoid any unnecessary suffering this illness could bring. The simple steps you need to take are right at your fingertips. Let me show you how!

Seminar Objectives:

In this seminar, you will:

- ✓ Get the facts about this illness – in simple terms – while dispelling common myths and correcting misinformation
- ✓ Understand the factors that increase a person's risks of getting this disease
- ✓ Understand the factors that can reduce your risk of getting this disease
- ✓ Learn about what screening tests should be done to detect the early signs of this disease when it is most treatable or even curable
- ✓ Learn how to recognize the early symptoms of this illness
- ✓ Discover the late complications of this illness if left untreated
- ✓ Learn how to get this condition properly diagnosed by a physician (e.g., what blood and other tests should be done)
- ✓ Learn about the best medical treatment options available, such as medications based on national protocols
- ✓ Learn about the non-medical (holistic) treatment options that may be available
- ✓ Know what you need to do to help manage this condition if you have it, or to better care for a loved one



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- ✓ Know the follow-up tests and studies that should be done to ensure that you and your doctor are managing this condition optimally based on national protocols
- ✓ Receive helpful contact information (toll-free numbers and Web addresses) on health organization that can provide support and more education
- ✓ And much more!

All material is presented in a simple format that doesn't overwhelm you with unnecessary information or medical jargon.

Who Should Attend:

- People who have this illness or think they may
- Caregivers who provide care to a loved one and want to do a better job.
- Any health-conscious person

Seminar Details:

- This dynamic seminar typically runs 45 minutes to one hour.
- Each attendee will be provided a handout to follow along and to take notes.
- The presentation will be made using screen projected PowerPoint.



Book Your Seminar Today!

The easiest way to reserve your seminar is to click back to the "Lecture Requests" page on the web site and register your seminar online.

You can also contact us at:

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