

# **The Blood Pressure Book: How To Get It Down And Keep It Down By Prudence E. Breitrose**

**By Prudence E. Breitrose**

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Prudence Breitrose,

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**Journal of Nutrition Education | Vol 29, Iss 2, -**

Journal of Nutrition Education. The Blood Pressure Book: How to Get It Down and Keep It Down, S.P. Fortmann, P.E. Breitrose.

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these small changes should add up to a way of life that will help get blood pressure down (or keep it from going up) Prudence Breitrose,

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and my mom holding me down, around your arm that it feels like no one is going to get any blood out because your arm prudence when talking about

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