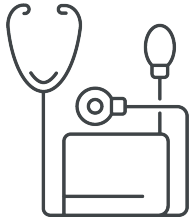


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# Lifestyle FACTS



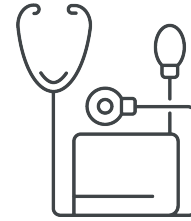
## Course: Hypertension 101

A series of 10 short 4-7 minute videos teaching you how to use all aspects of lifestyle to **“treat the cause”** (lifestyle) of high blood pressure.

*Empowering Lifestyle As Medicine*

R<sub>x</sub>

# Lifestyle FACTS



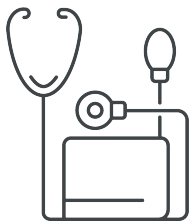
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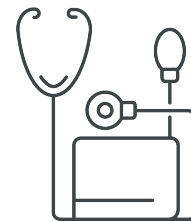
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