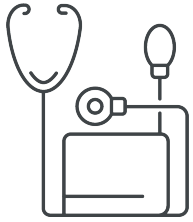


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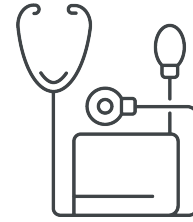


**Lifestyle as medicine  
for high blood pressure**

**Hypertension 101:** A free 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. [lifestylefacts.org/series/hypertension-101/](http://lifestylefacts.org/series/hypertension-101/)

***Empowering Lifestyle As Medicine***

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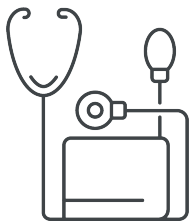


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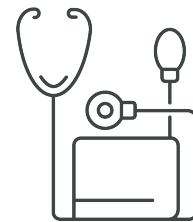


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