



# **Treatments for High Blood Pressure, Obesity, Stress and High Blood Sugar: Holistic Health, wellness, fitness, disease treatments, natural health**

*Mr Timothy Parham*

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The book: Treatments for High Blood Pressure, Obesity, Stress and High Blood Sugar offers a holistic approach to acquiring and maintaining your physical, mental, and spiritual health through the use and consumption of natural foods, herbs and beverages. It also stresses the need to avoid adulterated, synthetic, artificial chemicalized, refined, denatured, disease causing and energy draining junk foods, dead animal corpses and chemicalized drinks. It suggests how the readers can form fruit and vegetable co-ops, community gardens and acquire more wholesome foods that are locally grown. It also gives insight as to how international corporations and the US government conspires to push unhealthy foods and medicines onto the consumer public at a profit to the corporation(s).

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