



HIGH BLOOD PRESSURE

BLOCKS YOUR AIRWAYS

Hypertension stiffens the arteries and causes the accumulation of fat and the formation of clots, which can clog up the arteries and cause major problems such as heart attacks and strokes. And although the cases may have a genetic prevalence, good habits are the determining factor for living healthily. Get out of the way: high salt intake, a sedentary lifestyle, obesity, smoking and stress. Always keep an eye on your blood pressure and keep your arteries flowing freely.



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