Mindluster Platform

About the course Lower High Blood Pressure modalities

Lower High Blood Pressure modalities course, in this course we will delve into various modalities aimed at reducing high blood pressure. From lifestyle changes to alternative therapies, we will explore effective strategies beyond medication. Discover the importance of exercise, stress management techniques, and dietary adjustments in lowering blood pressure. Additionally, we will explore complementary modalities like meditation, acupuncture, and biofeedback, which may offer additional benefits. Join us to learn how to integrate these modalities into your routine for a comprehensive approach to managing high blood pressure and promoting cardiovascular health.

Medical Category's Courses

Course Lesson(16)

Lesson 1 : **The 10 Worst Foods to Eat if You Have High Blood Pressure The Cooking Doc**

Lesson 2 : **5 Ways to Lower High Blood Pressure Without Medication The Cooking Doc**

Lesson 3 :
What Happens If You Switch From Sodium Chloride Salt to Potassium Chloride The Cooking Doc

Lesson 4 : **How the FDA May Lower Your Risk of Stroke and Heart Attack The Cooking Doc**

Lesson 5 : **My 10 Favorite Spices**

Lesson 6 : **No Sodium Seasoning Taste Test Review**

Lesson 7 : **The Top 5 Tips to Lower the Salt in Your Diet**

Lesson 8 : **Which Type of Salt is The Healthiest The Cooking Doc**

Lesson 9 : **ProTip Seasoning While Cooking THE COOKING DOC**

Lesson 10 : **How To Make A Little Salt Produce Great Flavor THE COOKING DOC**

Lesson 11 : **Sodium 101 with The Cooking Doc Sea Salt vs Kosher Salt**

Lesson 12 : **Sodium 101 with The Cooking Doc Changing your taste buds**

Lesson 13 : **Sodium 101 with The Cooking Doc Low Sodium Bacon is Not the Answer**

Lesson 14 : **Sodium 101 with The Cooking Doc Your Turkey Sandwich Has a Lot of Sodium**

Lesson 15 : **How to Make a Plant Based Bolognese Even Better Than the Meat Version**

Lesson 16 : **Have You Tried Green Salt It Might Just Be The Next Big Thing**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com