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Updated and Expanded Second Edition

Dietary, Nutritional, Botanical, and Manipulative Therapeutics
with Concepts, Perspectives, and Protocols for
the Safe and Effective Management of High Blood Pressure

*The art of co-creating wellness
while effectively managing
common health disorders*

DR. ALEX VASQUEZ
 OPTIMALHEALTHRESEARCH.COM

Forewords by Dr Joseph Brimhall and Dr Alan Goldhamer

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- Authored by Dr Alex Vasquez
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