

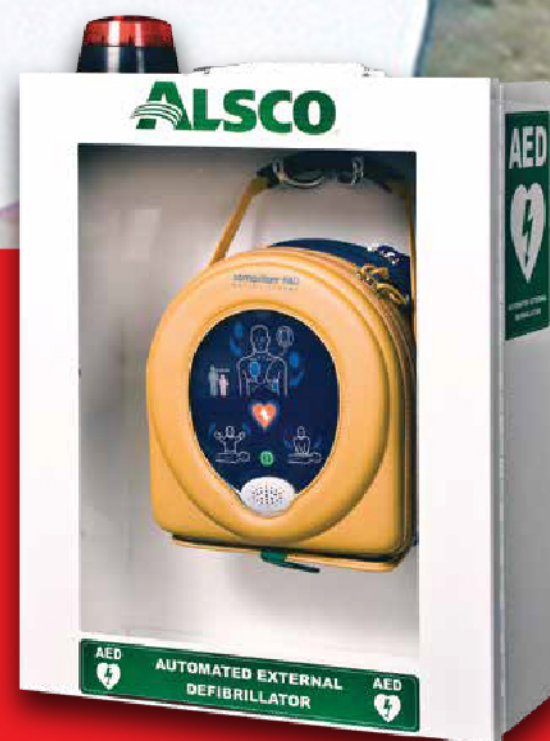
TAKE A DEEP BREATH

REDUCING YOUR BREATHS
TO 10 PER MINUTE, FOR 15
MINUTES A DAY CAN HELP
LOWER YOUR BLOOD PRESSURE.



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