

[DOWNLOAD](#)

Charting Your Health and Personal Health Profile: Be in Control of Your Health

By Emma Mitchell

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Your personal health record to take with you to hospital whether at home or abroad to help doctors assessing your care reach and accurate diagnosis quickly. Charting your own measurements and scoring your health using the National Early Warning scoring system will also help to spur you to seek medical advice quickly when needed. So many people are on blood pressure medication, or heart medication which can affect their blood pressure, and generally only rely on the checks done by the doctors surgery. Many people have high blood pressure without knowing it, which can be a ticking time bomb, so would advise the general public to purchase a blood pressure machine from their chemist, use it regularly and chart their blood pressure and pulse. High blood pressure can have an adverse effect on the body, and can seriously affect the function of heart and kidneys, and cause a risk of a stroke. So it is important to keep it under control. High blood pressure can be managed with medication from your doctor. Losing weight can also help with...



[READ ONLINE](#)

[5.55 MB]

Reviews

Certainly, this is the very best work by any writer. It is loaded with knowledge and wisdom I am just quickly will get a satisfaction of reading through a created publication.

-- **Donavon Okuneva**

This is basically the best ebook we have study right up until now. it absolutely was writtern very properly and useful. You may like how the blogger write this ebook.

-- **Cecil Zemlak DVM**

Other Kindle Books



[Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback](#)

Book Condition: Brand New. Book Condition: Brand New.



[The Mystery of God s Evidence They Don t Want You to Know of](#)

Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****.Save children s lives learn the discovery of God Can we discover God? What does science prove?Why we were never...



[Homeschool Your Child for Free: More Than 1,400 Smart, Effective, and Practical Resources for Educating Your Family at Home](#)

Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 2nd. 229 x 185 mm. Language: English . Brand New Book. Provide a solid education at home without breaking the bank. Introduced in 2000, Homeschool Your Child for Free gave countless...



[The Well-Trained Mind: A Guide to Classical Education at Home \(Hardback\)](#)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to give your child an academically rigorous, comprehensive...



[Weebies Family Halloween Night English Language: English Language British Full Colour](#)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



[At-Home Tutor Language, Grade 2](#)

Evan-Moor Educational Publishers. Paperback. Book Condition: New. Paperback. 96 pages. Dimensions: 10.7in. x 8.2in. x 0.3in.Developed by teachers, this curriculum-based series provides practice of important math and reading skills-ideal for providing additional practice at home. The colorful and engaging activities motivate children...