# **📜 Terms of Agreement**

#  **7-Day Blood Pressure Reset**

**Effective Date:** 10/1/2025

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Always consult your physician or qualified healthcare provider before making changes to your diet, exercise, medications, or health regimen — especially if you are pregnant, nursing, taking prescription medications, or have a medical condition.

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While lifestyle changes can support healthy blood pressure, individual results vary. We make no guarantees that you will achieve specific outcomes by using this guide.

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