

The Impact of Sodium on Blood Pressure and Health

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Nutrition and Healthy Eating

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As AckySHINE, I am here to shed some light on the impact of sodium on our blood pressure and overall health. Sodium, commonly found in table salt and processed foods, is an essential mineral needed by the body in small amounts. However, excessive sodium intake can have detrimental effects on our health. Let's dive into the details! ?

Now, I'd love to hear your opinion! How do you manage your sodium intake? Have you noticed any changes in your health after reducing your sodium consumption? Share your thoughts and experiences below! ??

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