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1. **Introduction**

2. **Methodology**

The study was conducted in a laboratory setting with 20 participants. The participants were divided into two groups: a control group and an experimental group. The control group received a standard treatment, while the experimental group received a modified treatment. The primary outcome measure was the change in blood pressure over a 12-week period. Secondary outcomes included changes in heart rate, cholesterol levels, and quality of life. Data were collected at baseline, 4 weeks, 8 weeks, and 12 weeks. Statistical analysis was performed using SPSS software, with a significance level of 0.05. The results showed that the experimental group had a significantly greater reduction in blood pressure compared to the control group. There were no significant differences in heart rate, cholesterol levels, or quality of life between the two groups. The study was limited by its short duration and the lack of a placebo control. Future research should investigate the long-term effects of the modified treatment and its safety.

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