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Dash Diet: 25 Best Dash Diet Recipes for Lower Blood Pressure and Weight Loss (Paperback)

By Jasmine King

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. DASH Diet for Beginners Do you want to lower blood pressure? Are you ready to drop pounds and build a body that is both healthy and strong? DASH Diet can help! The DASH diet is based on medical research. Although the original goal of this eating plan was to lower blood pressure, the diet has helped many people shed unwanted pounds and develop a healthy lifestyle. The DASH diet doesn't make you starve or constantly crave. It works by controlling the size of the portions you eat, for each food group, making sure you get the optimal levels of vitamins, minerals, fiber and protein. This book will make it easy for you to adopt the DASH diet. By reading this book you'll learn: - The principles of the DASH diet - The foods to eat and the foods to avoid on the DASH diet - Tips to make a seamless transition to this healthy way of living This book will also give you: - The best DASH diet recipes for breakfast - DASH diet lunch recipes -...

Reviews

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