



## The Dash Diet for Hypertension

By Thomas Moore, Mark Jenkins, Laura Svetkey, Pao-Hwa Lin, Njeri Karanja

Simon & Schuster. Paperback / softback. Book Condition: new. BRAND NEW, The Dash Diet for Hypertension, Thomas Moore, Mark Jenkins, Laura Svetkey, Pao-Hwa Lin, Njeri Karanja, More than 50 million Americans suffer from high blood pressure, and most of them control it by taking prescription drugs with potentially dangerous side effects. But there is a natural, affordable, and easy-to-manage alternative to medication: the DASH (Dietary Approaches to Stop Hypertension) diet. Developed by a world-class team of doctors and nutritionists, the DASH diet is clinically proven to lower blood-pressure levels and thereby reduce the risk of heart failure, stroke, and kidney disease. Now, with "The DASH Diet for Hypertension," readers can benefit from: - A hearty and healthful selection of DASH menus, recipes, even grocery lists - DASH weight-loss and exercise programs for everyday living- The science behind DASH, including calorie worksheets and a formula to calculate body-mass .and much more from this revolutionary program, which is recommended by the American Heart Association; the National Heart, Lung, and Blood Institute; the American Society for Hypertension; and other leading medical authorities.



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