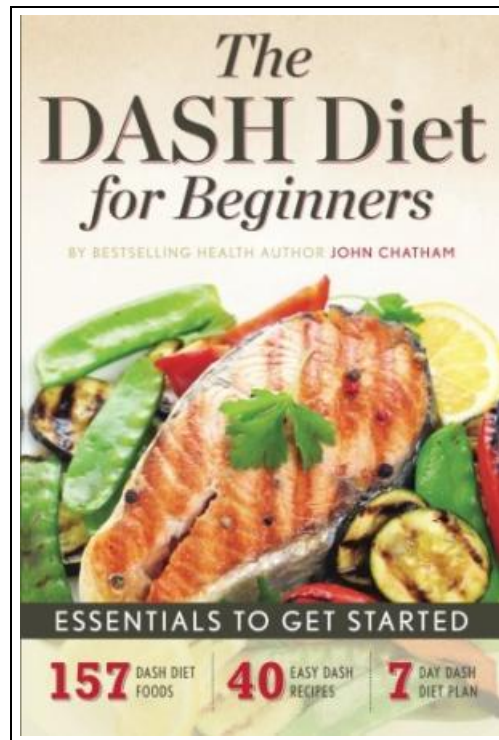


## The DASH Diet for Beginners: Essentials to Get Started



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