



Dash Diet Super Guide for Weight Loss: How to Guarantee Weight Loss with the Dash Diet

By Amy Weis

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Dash Diet is one of the many diets that you hear and read about daily. The truth is that there is merit in most of these diet programs but they are only a part of the solution to the problem of weight gain and obesity. It is only by going on a real diet that addresses all of the problems that lead to diseases such as diabetes, binge eating and bulimia. This book will guide you through the process of how to get the most out of the Dash Diet and almost guarantee success!.



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