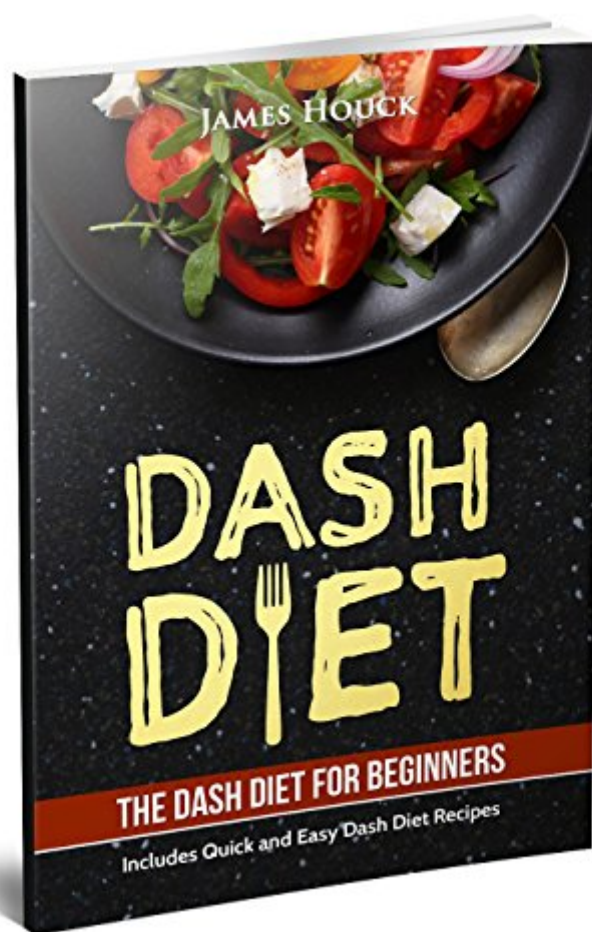


The book was found

Dash Diet: Dash Diet Cookbook For Weight Loss: Includes Easy To Cook Dash Diet Recipes For Healthy Living!



Synopsis

Ready to lose weight through natural way!The DASH diet (Dietary Approaches to Stop Hypertension) is#1 ranked diet that is promoted by the U.S.-based National Heart, Lung, and Blood Institute which is a simple dietary pattern that helps to control and prevent hypertension without use of any kind of medication and also at the same time helps to lose weight without much of exercise. The DASH diet mainly focuses on foods that are rich in magnesium, potassium, and calcium, as well as the foods that are lower in sodium as less of sodium, helps in a great way to reduce blood pressure. Since the DASH diet mainly focuses on healthy foods, it features menus with plenty of fruits, vegetables, and low-fat dairy products, as well as fish, poultry, and nuts that reduce the risk of being affected by a stroke, heart disease, and some types of cancer; and supports reaching and maintaining a healthy weight.This book provides you all the information you would need to amalgamate this simple diet into your life as well as the lifestyle you lead with utmost ease. Sometimes all you need to cure your illness is to look back to nature as it provides you with the best cure in the healthiest manner and through this book you are sure to bring an ultimate change to your life without the use of any kind of medications or treatments.I encourage you to go on a DASH Diet and take charge of your life as this will be an unforgettable experience for you and it may also help to inspire much more people who will then look to you as a kind of inspiration to lead a healthy and stress-free lifestyle. Download your copy today!

Book Information

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Customer Reviews

Nice book with some interesting recipes. Just wish the recipes would show the amount per - such as how many ounces, cups or grams. Do plan to try a few of the recipes.

Looking forward to refreshing my knowledge on this DASH diet. Tried it years ago so looking forward to seeing what's new and improved.

I have no problems with being overweight, but in this book I found recipes for dishes that normalize blood pressure, with which I have little problems. And this book will help me in their decision. The recipes are simple, understandable accessible. I have already started to prepare some dishes according to the recipes of this book. To the author respect.

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