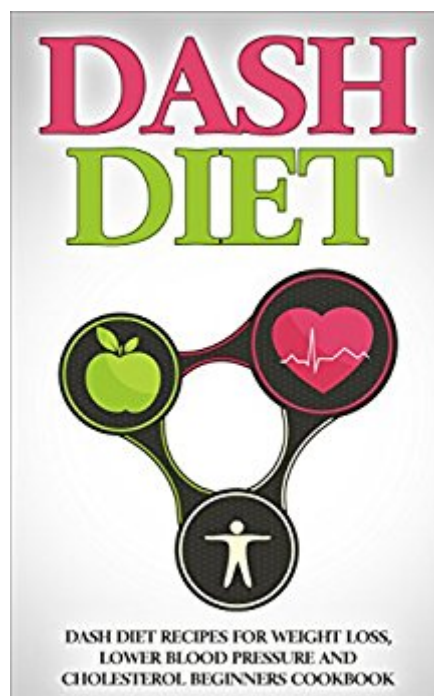




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DASH Diet: Dash Diet Recipes For Weight Loss, Lower Blood Pressure And Cholesterol Beginners Cookbook (DASH Diet, Lower Blood Pressure, DASH Diet Recipes)



Synopsis

Do You Want to Lower Your Sodium Intake in Order to Vastly Improve Your Health?! Today only, get this bestseller for FREE! Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Aside from lowering your sodium level so you can lessen the risk of developing diseases like heart disease, diabetes, obesity, and stroke, this book can help you to lose excess weight. This book also informs you about the two phases of the DASH diet for optimal weight loss. There are also a few recipes in this book that you may follow. They can serve as guide on what food to prepare. The DASH (Dietary Approaches to Stop Hypertension) diet is one way to eat healthy. It is a lifelong approach to healthy eating that is meant to help prevent or treat hypertension (high blood pressure). It also helps you lose weight, although that is not the diet's primary purpose. It centers on eating various food, getting the right amount of nutrients, and using the right portion sizes. The diet encourages sodium reduction by letting you eat various food that are rich in blood pressure-lowering nutrients like magnesium, calcium, and potassium. The diet's main purpose is to let you reduce your sodium intake; thus, lowering your blood pressure and improving your health in the process. When you follow the DASH diet, you may reduce your blood pressure in two weeks. As you make the DASH diet a habit, your systolic pressure may decrease by 8-14 points. Aside from lowering blood pressure, the diet is also aligned with the dietary regulations to prevent cancer, osteoporosis, heart disease, diabetes, and stroke. You need this book. Here Is A Preview Of What You'll Learn... The DASH Diet Principles Using the Two-Phase DASH Diet to Aid in Weight Loss Reducing Your Risk for Diseases The DASH Diet and Exercise The DASH Diet Grocery List DASH Diet Recipes Making the DASH Diet a Healthy Habit Much, much more! Download your copy today! Take action today and download this book for a limited time discount!

Book Information

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Customer Reviews

I'm very into all kinds of diets and somehow overlooked dash diet. I liked the principle of it being not hard diet for some period of the time to lose weight, but it's more into slowly changing your eating habits and concentrating more not to weight loss but healthy eating and weight loss will come with that over time. I liked how this book explained everything I need to know about what dash diet is and how it works and not just gave meal plan with recipes that most of the books do. Liked the chapter about what to look for in grocery stores, it saves a ton of time trying to figure that out yourself.

Overall I really liked this book. After reading it, you won't need to find more information on this topic because everything is there. 5 stars!

I initially thought of DASH diet as simply a fad diet but I didn't know that it actually had a medical purpose. The DASH diet is specifically designed for those who are susceptible to hypertension, which has always been the case with my family. This book offers really great insight on the dangers of high blood and gives some healthy recipes to boot. To anyone serious about lowering cholesterol and eating healthier, this book can be quite helpful.

This DASH diet cookbook is a big help for hypertensive individual. This informs them on how this type of diet helps losing weight, lower cholesterol and blood pressure. The recipes provided here also are helpful since they are made specifically for individuals suffering from hypertension. It will give them the peace of mind that what they are eating are good for them and are beneficial for their wellness.

This DASH cookbook is indeed a great help for those who are suffering from hypertension and

those who want to lose weight. It guides them with the different steps to take in lowering blood pressure and cholesterol and in losing those excess pounds. With these DASH diet recipes, you need not worry with your sodium intake and cholesterol. Start the DASH diet now and grab this book!

Impressive! This is such a brilliant recipe book! Great recipe book! This is a good book for someone overweight or that has high blood pressure, or any other similar health problems. This is a great book not only for learning to eat healthier but also just for the great new ways this make delicious food. I recommend this book if you are embarking on a cruise to a healthier lifestyle of eating, or if your doctor recommends you change the eating habits you've always had. Small changes add up to huge rewards!

A DASH diet has an overall positive effect on the body. As what the book says, when this diet is followed to a T, it lessens the possibility of observers to develop hypertension. The food we eat is the culprit of the said disease and so this book encourages its readers to adapt a healthy diet by preparing healthy foods. The book contains recipes that are healthy and still delicious. There are kebabs and pilafs found here. The juices that are featured here are healthy too.

Dash Diet is explained fully here which give you better idea and will convince you if this diet is good for you. By eating healthy food and proper diet, you'll have a healthy heart and body. The cooking instructions were very easy to follow. Aside from the recipes, this book is a good book to read if you wanted to have a better understanding of Dash Diet.

Very helpful book to read

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