



Dash Diet Essentials: A Beginner's Guide to the DASH Diet with a Proven Lifestyle Plan and Delicious Recipes so You can Lower Your Blood Pressure, Lose Weight, Feel Great and Live a Healthy Life

Hanna Davis

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DASH Diet Essentials "There's all kinds of yummy foods that you can enjoy on the DASH diet." – Cameron

Are you suffering from Hypertension, High Blood Pressure and/or Diabetes? Is that spare tire you're carrying slowing you down? Read On... Doctors and US News and World Report rank the DASH Diet as the #1 food plan year after year for bringing down excess weight, high blood pressure, and preventing & managing diabetes. This book is a succinct guide for you to follow that will help you do all of those things and more! **What to reduce your risk of stroke or heart attack? Worried about osteoporosis? Do you suffer from painful kidney stones? Are you at risk for cancer?** All of these conditions are addressed in this new book. **DASH Diet Essentials is a great new book for getting you started down the path of better Health and Weight Loss** The DASH Diet isn't just another fad! It's a healthy lifestyle plan to get you on the road to feeling better, lowering your blood pressure, reducing hypertension, managing diabetes AND losing weight. One key change that has made this diet successful is portion control. You can still eat most of the foods you already enjoy and the **31 tasty recipes** included in this book will help you develop meal plans that you will look forward to instead of dreading. **Here Is A Preview Of What You'll Learn...**

- What is the DASH Diet
- Benefits of the DASH Diet
- Basics of the DASH Diet
- Foods to Avoid
- Planning your Transition to the DASH Diet
- Tips to Upholding the DASH Diet
- 31 Tasty Recipes
- And much, much more!

DASH Diet Essentials is the answer to your Hypertension and Blood Pressure Issues This diet has been around for a few years now and is a **proven** plan to reducing hypertension and blood pressure. Dr. Oz has devoted considerable airtime to showing the benefits of this plan and now you can benefit as well. This book is meant to be a useful guide to those who want to get started on the path of healthy living through the DASH Diet plan. Inside this valuable resource you will find **31 Recipes** including tasty treats for breakfast, lunch, dinner and even desserts. Chapter 1 gets you started on the right foot by addressing, in easy to understand terminology, exactly what the DASH Diet is and how you will benefit from being on it. There are no points to track or embarrassing weigh-ins. You'll have everything you need to begin today. Buy this book now to begin your journey to a healthier you using the DASH Diet and take pleasure in all the benefits it will provide! Don't forget your **FREE GIFT** with book purchase! Just my way of saying "thanks."

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From reader reviews:

Sarah Davis:

Why don't make it to become your habit? Right now, try to ready your time to do the important act, like looking for your favorite reserve and reading a book. Beside you can solve your condition; you can add your knowledge by the guide entitled Dash Diet Essentials: A Beginner's Guide to the DASH Diet with a Proven Lifestyle Plan and Delicious Recipes so You can Lower Your Blood Pressure, Lose Weight, Feel Great and Live a Healthy Life. Try to make the book Dash Diet Essentials: A Beginner's Guide to the DASH Diet with a Proven Lifestyle Plan and Delicious Recipes so You can Lower Your Blood Pressure, Lose Weight, Feel Great and Live a Healthy Life as your friend. It means that it can to get your friend when you really feel alone and beside those of course make you smarter than before. Yeah, it is very fortunated for you. The book makes you more confidence because you can know every thing by the book. So , let us make new experience in addition to knowledge with this book.

Brandy Brobst:

The book Dash Diet Essentials: A Beginner's Guide to the DASH Diet with a Proven Lifestyle Plan and Delicious Recipes so You can Lower Your Blood Pressure, Lose Weight, Feel Great and Live a Healthy Life can give more knowledge and information about everything you want. So just why must we leave the great thing like a book Dash Diet Essentials: A Beginner's Guide to the DASH Diet with a Proven Lifestyle Plan and Delicious Recipes so You can Lower Your Blood Pressure, Lose Weight, Feel Great and Live a Healthy Life? Wide variety you have a different opinion about guide. But one aim that book can give many facts for us. It is absolutely right. Right now, try to closer using your book. Knowledge or facts that you take for that, it is possible to give for each other; you are able to share all of these. Book Dash Diet Essentials: A Beginner's Guide to the DASH Diet with a Proven Lifestyle Plan and Delicious Recipes so You can Lower Your Blood Pressure, Lose Weight, Feel Great and Live a Healthy Life has simple shape but the truth is know: it has great and big function for you. You can search the enormous world by wide open and read a publication. So it is very wonderful.

James Esparza:

Information is provisions for individuals to get better life, information these days can get by anyone in everywhere. The information can be a information or any news even an issue. What people must be consider when those information which is within the former life are challenging to be find than now's taking seriously which one is appropriate to believe or which one typically the resource are convinced. If you obtain the unstable resource then you obtain it as your main information it will have huge disadvantage for you. All those possibilities will not happen throughout you if you take Dash Diet Essentials: A Beginner's Guide to the DASH Diet with a Proven Lifestyle Plan and Delicious Recipes so You can Lower Your Blood Pressure, Lose Weight, Feel Great and Live a Healthy Life as the daily resource information.

Allen Lutz:

Playing with family in a very park, coming to see the coastal world or hanging out with close friends is thing that usually you have done when you have spare time, in that case why you don't try matter that really opposite from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Dash Diet Essentials: A Beginner's Guide to the DASH Diet with a Proven Lifestyle Plan and Delicious Recipes so You can Lower Your Blood Pressure, Lose Weight, Feel Great and Live a Healthy Life, you could enjoy both. It is very good combination right, you still wish to miss it? What kind of hang-out type is it? Oh seriously its mind hangout folks. What? Still don't have it, oh come on its called reading friends.

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