



# **DASH Diet: DASH Diet Recipes to Lower Blood Pressure, Lose Weight and Improve Your Heart Health**

*Linda H. Harris*

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## **DASH Diet for Beginners, DASH Diet Recipes & Lowering Blood Pressure**

Do you want to lower blood pressure? Are you ready to drop pounds and build a body that is both healthy and strong? *DASH Diet* can help!

The DASH diet is based on medical research. Although the original goal of this eating plan was to lower blood pressure, the diet has helped many people shed unwanted pounds and develop a healthy lifestyle. The DASH diet focuses on long-term healthy eating habits. The diet doesn't make you starve or constantly crave. It works by controlling the size of the portions you eat, for each food group, making sure you get the optimal levels of potassium, calcium, magnesium, fiber and protein.

**This book will make it easy for you to follow the DASH diet. By reading this book you'll learn:**

- **The foods that you should be eating and the foods that you should avoid on the DASH diet**
- **Tips to make a seamless transition to this healthy way of living**

**This book will also give you:**

- **Delicious DASH diet recipes for breakfast**
- **DASH diet lunch recipes**
- **DASH diet dinner recipes**

***DASH Diet* will help you regulate your blood pressure, drop pounds and improve heart health.**

**Order *DASH Diet* right now!**

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#### **Paul Gay:**

The reason? Because this DASH Diet: DASH Diet Recipes to Lower Blood Pressure, Lose Weight and Improve Your Heart Health is an unordinary book that the inside of the publication waiting for you to snap the item but latter it will distress you with the secret the idea inside. Reading this book alongside it was fantastic author who write the book in such incredible way makes the content inside easier to understand, entertaining approach but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any more or you going to regret it. This amazing book will give you a lot of positive aspects than the other book possess such as help improving your expertise and your critical thinking way. So , still want to postpone having that book? If I ended up you I will go to the guide store hurriedly.

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