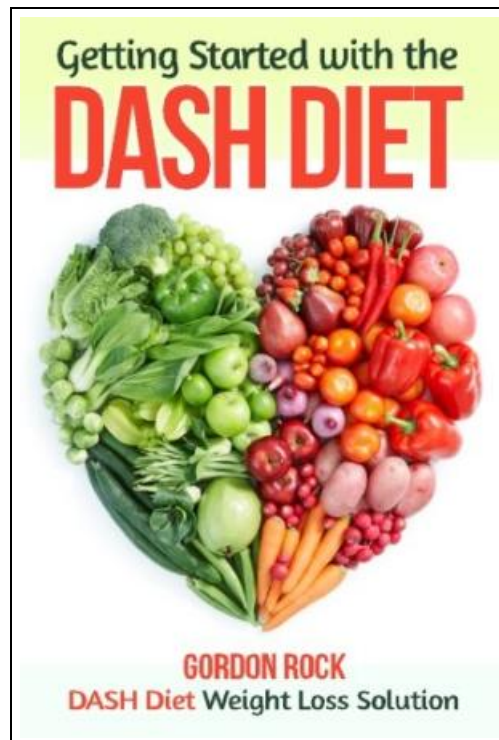


## Getting Started with the DASH Diet DASH Diet Weight Loss Solution Dash Diet Cookbook



Filesize: 6 MB

### ***Reviews***

*This publication is definitely not simple to begin on studying but quite fun to see. It really is full of knowledge and wisdom I am just effortlessly can get a satisfaction of studying a created pdf.*  
*(Alfreda Bradtke)*

## GETTING STARTED WITH THE DASH DIET DASH DIET WEIGHT LOSS SOLUTION DASH DIET COOKBOOK



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 58 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Originally conceptualized to meet the needs of people with hypertension, the DASH diet (or the Dietary Approaches to Stop Hypertension) is host to many health-related benefits, including weight loss. The first and main goal of this diet is to provide a healthier eating guideline to prevent and manage blood level by opting for healthier foods and alternatives. Having better control of your blood level means protecting yourself and lowering the risks of heart diseases, diabetes and obesity. Unlike most fad diets, DASH diet is less prohibitive. In fact, it encourages balanced and healthy eating, with emphasis on fruits and vegetables, lean meat, whole grains and healthy fats. The diet discourages the use of sodium (usually coming from salt and artificial seasoning), sugar and fat. This book *Getting Started with the DASH Diet: DASH Diet Weight Loss Solution* will show you that DASH diet can become your ultimate weight-loss program as well as partner for a better health. Inside, you will: Understand how dash diet can help you lose weight slowly and safely. This is a scientifically-proven eating plan that will help you achieve your target weight without the side effects that come with many crash diets. Know what your options are when you shop for food, cook and dine out so youre always in tune with the philosophies advocated by the diet. Cook your own DASH meals. The dash diet cookbook contains a delectable selection of recipes that you can whip up every day of the week. *Getting Started with the DASH Diet: DASH Diet Weight Loss Solution* is an interesting resource material that provides with you information and easy-to-follow instructions on how to live healthy with the DASH diet....



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