



Dash Diet: The 30 Day Guide to Lose Weight, Lower Blood Pressure, Prevent Diabetes, and Live a Healthier Lifestyle (Paperback)

By Sarah Stewart

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Achieve Your Goals to Live Longer, Happier and Healthier In recent years, obesity, diabetes and high blood pressure have been prominent and life-threatening issues that millions of people face every day. Getting healthy may seem like a challenging process, but you can achieve a healthier body, mind and spirit by taking the first steps outlined in this book. While you are ultimately the one to determine and manage your health, this book can be used as a stepping stone for seeking ideas and inspiration for improving your health quickly and effectively. The Dash Diet will act as your personal guide to help find information and ideas for losing weight, lowering your blood pressure, preventing the onset of Type 2 diabetes and living a healthier and happier lifestyle. The Dash Diet, which involves weight loss strategies and 30 days worth of healthy meal plan ideas, is meant for people with any type of budget, goals or interests. Whether you just want to lose a few pounds or you d like to do a complete overhaul of your eating habits - this...



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