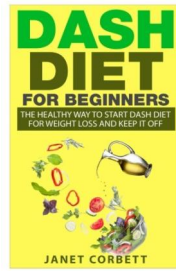


## Dash Diet for Beginners: The Healthy Way to Start Dash Diet for Weight Loss and Keep It Off



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