



**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 ... a Healthy Life (Healthy Life
Series Book 1)**

Hanna Davis

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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 ... a Healthy Life (Healthy Life Series Book 1)

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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 ebook purchase! Just my way of saying "thanks."

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Tina Brookins:

Book is actually written, printed, or illustrated for everything. You can recognize everything you want by a reserve. Book has a different type. To be sure that book is important point to bring us around the world. Next to that you can your reading expertise was fluently. 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 ... a Healthy Life (Healthy Life Series Book 1) will make you to possibly be smarter. You can feel more confidence if you can know about almost everything. But some of you think that will open or reading a book make you bored. It's not make you fun. Why they can be thought like that? Have you seeking best book or suited book with you?

Phyllis Baudoin:

In this 21st one hundred year, people become competitive in each way. By being competitive today, people have do something to make all of them survives, being in the middle of often the crowded place and notice through surrounding. One thing that oftentimes many people have underestimated this for a while is reading. Yep, by reading a e-book your ability to survive boost then having chance to stand up than other is high. For yourself who want to start reading some sort of book, we give you this kind of 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 ... a Healthy Life (Healthy Life Series Book 1) book as basic and daily reading guide. Why, because this book is usually more than just a book.

Neil Calvert:

The e-book untitled 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 ... a Healthy Life (Healthy Life Series Book 1) is the book that recommended to you to see. You can see the quality of the reserve content that will be shown to anyone. The language that writer use to explained their way of doing something is easily to understand. The article writer was did a lot of exploration when write the book, and so the information that they share to you personally is absolutely accurate. You also could get the e-book of 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 ... a Healthy Life (Healthy Life Series Book 1) from the publisher to make you more enjoy free time.

Scott Schiller:

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good vocabulary that may increase your knowledge in terminology, easy to understand, bit entertaining but delivering the information. The author giving his/her effort to get every word into enjoyment arrangement in writing 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 ... a Healthy Life (Healthy Life Series Book 1) but doesn't forget the main place, giving the reader the hottest and also based confirm resource info that maybe you can be certainly one of it. This great information may drawn you into brand-new stage of crucial considering.

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