



Beginning DASH Diet: Delicious Recipes to Boost Metabolism, Lose Weight & Lower Blood Pressure (Low Sodium Recipes to Stop Hypertension, Lower Cholesterol and Prevent Obesity)

Monique Lopez

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Do You Know What the DASH Diet Can Do for Your Health? Right now, you probably have heard of the wonder diet that everybody has been talking about, including your doctor, your friend and even your local health department. DASH stands for Dietary Approaches to Stop Hypertension but did you know it can do more than that? If you want a diet that can control your BP and at the same time, reduce your weight, make your muscles stronger and make your skin clearer, then the DASH diet is for you. If you want to have the benefits of DASH through the recipes you can prepare, then this is the book for you. If you want to have an idea on the ideal health statistics and ways to achieve them, this book is for you too. Finally, if you want to know what are the exact food groups and portions that you can take, this book will definitely give you this information. Here is a preview of what you will learn from this book:

- Recognition and distinctions of the DASH Diet
- Features of hypertension and obesity, the two key illnesses that DASH can address
- Rewards and additional benefits of the diet
- Assess and measure personal health statistics that are affected by the DASH diet
- Create diet objectives that are SMART
- Manage your expectations about the DASH diet by correcting some myths with facts
- Food groups that you need to choose
- Preparation of your kitchen, shopping and habits
- Gradual phasing off of your regular diet
- The importance of having a support group to encourage you
- The need for regular health assessments to keep track of progress
- Do's and don'ts for the diet

Once you have both the idea behind DASH and the recipes to practice the lifestyle, then you are on your way to gaining the benefits of DASH. Don't wait another minute. The sooner you start with the DASH diet, the sooner your body will benefit from it. Achieve your target weight goal, get the ideal health statistics and live the healthy lifestyle you truly deserve.

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