



The DASH Diet to End Obesity: The Best Plan to Prevent Hypertension and Type-2 Diabetes and Reduce Excess Weight

William M. Manger, Jennifer K. Nelson, Marion J. Franz, Edward J Roccella

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Called the “good nutrition bible” by one reviewer, *The DASH Diet to End Obesity* is the ultimate guide to common sense-lifestyle changes that will improve the health of the entire family. With a special emphasis on prevention, this book is written for parents, teachers, and anyone concerned about protecting themselves and their children from the health risks of obesity.

This book is the most comprehensive guide to the DASH diet plan yet published. DASH® - Dietary Approaches to Stop Hypertension - was first formulated to combat hypertension (high blood pressure). But numerous studies have shown that the eating plan is also useful for dealing with excess weight, abnormal blood fats, Type 2 diabetes, and other health concerns.

The DASH diet has soared in popularity because not only does it allow people to take charge of their own health and that of their families, they can do it while eating delicious food. The plan emphasizes seasonings, spices, healthy oils, fruits, vegetables, nuts, and other flavorful food choices.

But unlike a mere recipe book, *The DASH Diet to End Obesity* explains the science and psychology of how to find success with the DASH approach. Author Dr. William Manger and his three distinguished colleagues have crafted a reader-friendly book geared to motivate people to make healthy, informed changes in their daily lives. The book offers in-depth information about fats, cholesterol, vitamins and minerals, omega-3 fatty acids, fiber, and more. An entire section is devoted to the role of salt and the dangers of consuming too much salt, especially for people who are overweight. The book also contains a special chapter about eating for the management of diabetes.

Not only do the authors present a lot of information in an accessible tone, they provide detailed descriptions of how to incorporate this knowledge into every meal with memory strategies, charts, and quick tips.

The DASH eating plan is not just a diet, however, and the book covers the importance of sleep, physical exercise, and staying psychologically motivated. The authors also dissect the reasons other diets fail, and discuss the risks and benefits of other methods of weight loss, including surgery and weight-loss drugs.

This book represents the life work of the four prestigious authors; it is not a jump-on-the-bandwagon response to the recent popularity of the DASH diet. Dr. William Manger has been such a proponent of the DASH lifestyle that he has founded an organization that teaches the eating plan to young children in schools.

Medical researchers and experts today are saying many parents could outlive their children because of runaway childhood obesity. This is the scenario *The DASH Diet to End Obesity* is dedicated to reversing.

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From reader reviews:

Marilyn Leonard:

The book *The DASH Diet to End Obesity: The Best Plan to Prevent Hypertension and Type-2 Diabetes and Reduce Excess Weight* can give more knowledge and information about everything you want. Exactly why must we leave a very important thing like a book *The DASH Diet to End Obesity: The Best Plan to Prevent Hypertension and Type-2 Diabetes and Reduce Excess Weight*? Some of you have a different opinion about e-book. But one aim which book can give many facts for us. It is absolutely appropriate. Right now, try to closer together with your book. Knowledge or info that you take for that, you can give for each other; you can share all of these. Book *The DASH Diet to End Obesity: The Best Plan to Prevent Hypertension and Type-2 Diabetes and Reduce Excess Weight* has simple shape however, you know: it has great and big function for you. You can appearance the enormous world by available and read a reserve. So it is very wonderful.

Amanda Furr:

This *The DASH Diet to End Obesity: The Best Plan to Prevent Hypertension and Type-2 Diabetes and Reduce Excess Weight* book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book is information inside this book incredible fresh, you will get info which is getting deeper anyone read a lot of information you will get. That *The DASH Diet to End Obesity: The Best Plan to Prevent Hypertension and Type-2 Diabetes and Reduce Excess Weight* without we realize teach the one who reading it become critical in contemplating and analyzing. Don't always be worry *The DASH Diet to End Obesity: The Best Plan to Prevent Hypertension and Type-2 Diabetes and Reduce Excess Weight* can bring if you are and not make your bag space or bookshelves' turn into full because you can have it in the lovely laptop even cell phone. This *The DASH Diet to End Obesity: The Best Plan to Prevent Hypertension and Type-2 Diabetes and Reduce Excess Weight* having great arrangement in word as well as layout, so you will not feel uninterested in reading.

Juana Houck:

People live in this new day of lifestyle always try to and must have the spare time or they will get lot of stress from both day to day life and work. So , when we ask do people have extra time, we will say absolutely of course. People is human not just a robot. Then we ask again, what kind of activity have you got when the spare time coming to anyone of course your answer may unlimited right. Then do you ever try this one, reading books. It can be your alternative within spending your spare time, often the book you have read is usually *The DASH Diet to End Obesity: The Best Plan to Prevent Hypertension and Type-2 Diabetes and Reduce Excess Weight*.

Myron Mendez:

The book untitled The DASH Diet to End Obesity: The Best Plan to Prevent Hypertension and Type-2 Diabetes and Reduce Excess Weight contain a lot of information on it. The writer explains your ex idea with easy approach. The language is very clear and understandable all the people, so do not worry, you can easy to read this. The book was authored by famous author. The author will bring you in the new period of time of literary works. You can actually read this book because you can read on your smart phone, or program, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can start their official web-site in addition to order it. Have a nice read.

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