



DASH Diet for Beginners: A DASH Diet QUICK START GUIDE to Fast Natural Weight Loss, Lower Blood Pressure and Better Health, Including DASH Diet Recipes & 7-Day Meal Plan

Gina Crawford

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DASH Diet for Beginners - Learn how the DASH diet can drastically improve your health and your weight!

A complete DASH diet guide to living your healthiest life ever!

The DASH diet is a lifelong well-balanced approach to healthy eating promoted by the National Institutes of Health that is based on nutrient-rich whole foods. This book will teach you exactly how to reach and maintain a healthy weight while lowering blood pressure and cholesterol.

Change your food - Change your life

U.S. News and World Report chose the DASH diet as the best overall diet, the healthiest diet and the best diet for diabetes for four years in a row.

It is estimated that hypertension or high blood pressure affects over 1 billion people worldwide. Not only is high blood pressure the leading cause of death, it also increases the risk of stroke and heart disease.

The DASH diet encourages reducing the sodium in your diet and increasing your consumption of calcium, magnesium, potassium and fiber by eating a fabulous selection of delicious whole foods that lower blood pressure. Eating vegetables, fruits whole grains, fish, lean meats, low-fat dairy and healthy fats is all part of the DASH diet healthy eating plan.

The DASH diet works if you work it

The DASH diet is endorsed by the American Heart Association and is scientifically proven to lower blood pressure and cholesterol. Research has also shown that the DASH diet is extremely effective in promoting weight loss which has popularized it as a weight loss diet.

In a step-by-step way, *The DASH Diet for Beginners Quick Start Guide to Fast Natural Weight Loss, Lower Blood Pressure and Better Health, Including DASH Diet Recipes and a 7-Day Meal Plan* is going to teach you everything you need to know about how to successfully apply the DASH diet to your life.

DASH Diet for Beginners teaches you:

- What is the DASH diet
- Why the DASH diet was created
- How the DASH diet promotes weight loss
- The characteristics of the DASH diet

- DASH diet food groups
- The DASH diet food list
- Portion control and serving sizes
- Tips to lower your sodium intake
- Tips to make the switch to DASH diet eating
- DASH diet 7-day meal plan with calorie count
- 30 MINUTE DASH diet recipes
-and much more!

The recipes contained in this book will help you maximize your DASH diet efforts and they'll take the thinking out of what to cook!

Delicious DASH diet recipes included:

- Raspberry Muffins
- Sun-Dried Tomato Basil Pizza
- Chicken in White Wine and Mushroom Sauce
- Balsamic Chicken Salad with Pineapple
- Tomato Basil Bruschetta
- Fruit Kebabs with Lemony Lime Dip
- Peach Honey Spread
- Artichoke Dip
-and much more!

Discover why so many people are embracing this amazing diet for weight loss and better health!

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Myra Coronado:

As people who live in typically the modest era should be revise about what going on or data even knowledge to make these individuals keep up with the era and that is always change and move forward. Some of you maybe will probably update themselves by examining books. It is a good choice for you personally but the problems coming to you is you don't know which one you should start with. This DASH Diet for Beginners: A DASH Diet QUICK START GUIDE to Fast Natural Weight Loss, Lower Blood Pressure and Better Health, Including DASH Diet Recipes & 7-Day Meal Plan is our recommendation to help you keep up with the world. Why, because this book serves what you want and want in this era.

James Sanford:

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