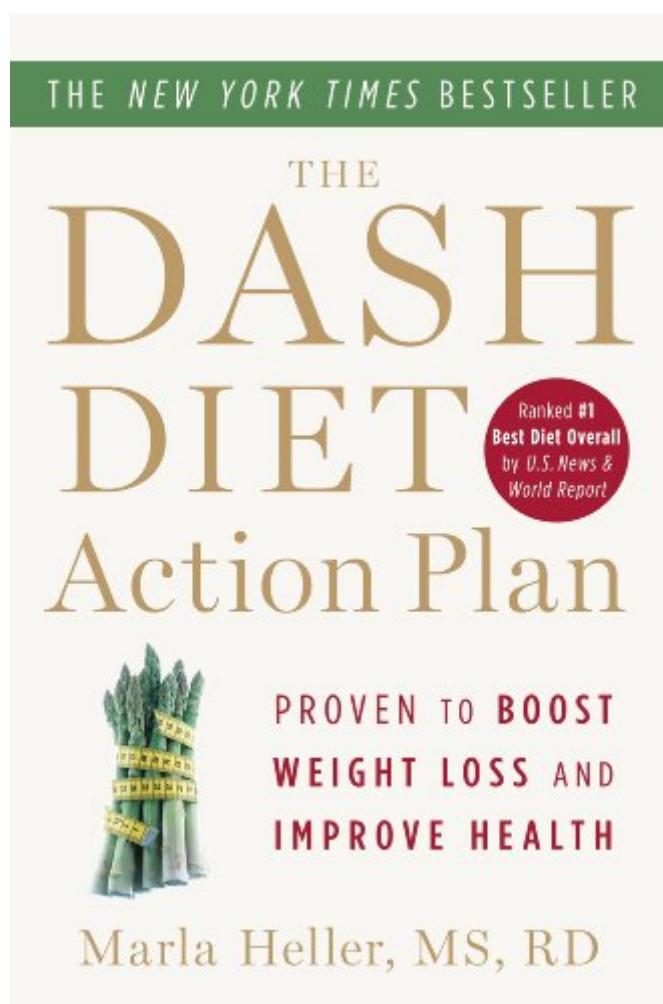


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# The DASH Diet Action Plan: Proven To Lower Blood Pressure And Cholesterol Without Medication (A DASH Diet Book)



## **Synopsis**

The New York Times Bestseller--Based on the Diet Ranked "#1 Best Diet Overall" by US NEWS & WORLD REPORT--for 4 Years in a Row! Finally, the #1 ranked DASH diet is popularized and user-friendly. Unlike any diet before it, DASH, which stands for Dietary Approaches to Stop Hypertension, came out of groundbreaking NIH-funded research. Now, Marla Heller, MS, RD, who was trained by one of the primary architects of the DASH diet and is herself the leading dietitian putting DASH into action for over ten years, shares the secret to making the diet easy and accessible, in THE DASH DIET ACTION PLAN. Rich in fruits, vegetables, whole grains, low-fat and nonfat dairy, lean meats, fish, beans, and nuts, DASH is grounded in healthy eating principles that lower blood pressure; reduce the risk of heart disease, stroke, and some types of cancer; and support reaching and maintaining a healthy weight. No diet has a medical pedigree like DASH, and this book is a simple, actionable plan that can fit seamlessly into everyone's life and lifestyle. It includes: 28 days of meal plans at different calorie ranges Simple tools to help you personalize a DASH Diet Action Plan for guaranteed success DASH-friendly recipes and shopping lists Tips for eating on-the-run Advice on healthy weight loss and exercise for every lifestyle. Now, you can revolutionize your health and change your life--without medication.

## **Book Information**

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## Customer Reviews

First I have to say I'm a big fan right now of the Flat Belly Diet but anytime science actually backs a new diet plan rather than just some celebrity or marketing dollars, I try it out as it's part of my job. I began this diet 2 weeks ago and I have had high blood pressure since I was about 20. I went through all kinds of tests because doctors and specialists were convinced there was something massively wrong with me as I weighed 115 lbs, was a vegetarian, and had blood pressure so bad I was vomiting....they couldn't believe I had high blood pressure sorbet thought something was failing internally. Nope, no reason...just genetic. Since then, I've gotten it down with cardio but when I don't have time for cardio, like recently, it goes up again. I have been able to stop taking 2 of the strongest meds I've always taken but I was still having to take diuretics to get rid of the salt in my body to lower my blood pressure as it has NEVER been normal for decades. Until now. But I'll get to all that. Because you'll ALSO lose weight with this. And that ALSO lowers it more...you'll have great energy and never be hungry as well. So is it another fad? Actually the principles of this, similar to the Flat Belly Diet, are some of the most proven philosophies and largest studies of obesity that make it up in recent years. Yes, it's in medical materials rather than magazines. However news magazines like it too. It was just rated the #1 healthiest diet in US News and World Report. Over ALL diets...Jenni Craig, Nutrisystem, anything. This was the diet used by the USDA for its health guidelines called "MY PLATE" which updated the food pyramid.

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Diet Cookbook) The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without ... Boost your energy, and Stay healthy for life! High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BP) Blood Pressure Solutions: Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet, low salt, healthy eating) DASH Diet: The DASH Diet for Beginners - Quick and Easy Steps to Lose Weight in 14 Days with DASH Diet (Low Fat, Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets) Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) Cholesterol: The Great Cholesterol Hoax: Why Cholesterol Lowering Drugs Won't Help You Live One Day Longer And Drug Companies Know It (Cholesterol diet, ... Cholesterol lowering foods, heart disease) The Everyday DASH Diet Cookbook: Over 150 Fresh and Delicious Recipes to Speed Weight Loss, Lower Blood Pressure, and Prevent Diabetes (A DASH Diet Book) DASH Diet: 50 Top DASH Diet Recipes - 30 MINUTE DASH Diet Recipes to Help You Lose Weight Fast & Prevent Heart Disease, Stroke and Diabetes (Low Sodium, Low Fat, Low Cholesterol) Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks--Without Prescription Drugs Pressure Cooker: Mouthwatering Pressure Cooker Recipes - Granny's Pick Size L Recipes Collections (Pressure Cooking, Pressure Cooker Books, Pressure Cooker Recipe Book, Pressure Cooker Dump Dinner) Blood Pressure Solution: How To Prevent And Manage High Blood Pressure Using Natural Remedies Without Medication The DASH Diet Action Plan: Proven to Boost Weight Loss and Improve Health (A DASH Diet Book) Lower Your Blood Pressure Naturally: Drop Pounds and Slash Your Blood Pressure in 6 Weeks Without Drugs

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