



Dash Diet for Weight Loss: Delicious Dash Diet Recipes and Menu Plans

Naomi Rowland

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With the Improved DASH Diet, Achieve a Skinnier and Healthier You

The DASH Diet is actually a diet designed to overcome hypertension. In the US alone, around 50 million people are suffering from hypertension. The higher the blood pressure of a person the greater is his or her chance for contracting kidney disease, stroke, heart failure and heart attack.

Due to this very disconcerting figures it led the US National Institutes of Health to fund studies on how to decrease high blood pressure through dietary patterns. And this is how DASH diet came to be.

The word DASH is actually an acronym for Dietary Approaches to Stop Hypertension. So what are you going to learn in this DASH Diet book?

- First and foremost, you will learn a lot about the Dash diet. A brief history on how it came to be. It's important to know the origins of this diet because it helps to strengthen its legitimacy as an effective diet for a better health.
- Through the years, the DASH diet has been improved by dietitians and medical researchers by not only helping you achieve a healthier eating habit but it also helps people lose weight. So, inside this book, you will learn how to do a DASH diet that incorporates weight loss with it.
- Of course, like any diet book get to know the foods that you can consume in this diet. Learn the ropes of the do's and the don'ts.
- Then you are provided a 7-day meal plan that's complete with caloric count and sodium count for each recipe. This way, you can easily check your daily sodium intake.
- The recipes included in these book are also perfect both for losing weight and controlling your hypertension. It contains breakfast, lunch, snack and dinner recipes. It makes use of a variety of cooking techniques, ingredients, herbs and spices to keep your taste buds happy.
 - **So download the book and start loosing weight with the DASH Diet.**

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Have you spare time for just a day? What do you do when you have considerably more or little spare time? Sure, you can choose the suitable activity for spend your time. Any person spent their very own spare time to take a stroll, shopping, or went to often the Mall. How about open or maybe read a book allowed Dash Diet for Weight Loss: Delicious Dash Diet Recipes and Menu Plans? Maybe it is to become best activity for you. You recognize beside you can spend your time together with your favorite's book, you can wiser than before. Do you agree with it has the opinion or you have some other opinion?

Robert Collado:

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