



**DASH Diet Essentials: A Beginner's Guide to the
DASH Diet with a Proven Lifestyle Plan and
Delicious Recipes so You can Lower Your Blood
Pressure, Lose ... a Healthy Life (Healthy Life
Series Book 1)**

Hanna Davis

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DASH Diet Essentials: A Beginner's Guide to the DASH Diet with a Proven Lifestyle Plan and Delicious Recipes so You can Lower Your Blood Pressure, Lose ... a Healthy Life (Healthy Life Series Book 1)

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DASH Diet Essentials

"There's all kinds of yummy foods that you can enjoy on the DASH diet." – Cameron

Are you suffering from Hypertension, High Blood Pressure and/or Diabetes?

Is that spare tire you're carrying slowing you down? Read On...

Doctors and US News and World Report rank the DASH Diet as the #1 food plan year after year for bringing down excess weight, high blood pressure, and preventing & managing diabetes.

This book is a succinct guide for you to follow that will help you do all of those things and more!

What to reduce your risk of stroke or heart attack? Worried about osteoporosis?

Do you suffer from painful kidney stones? Are you at risk for cancer?

All of these conditions are addressed in this new book.

DASH Diet Essentials is a great new book for getting you started down the path of better Health and Weight Loss

The DASH Diet isn't just another fad! It's a healthy lifestyle plan to get you on the road to feeling better, lowering your blood pressure, reducing hypertension, managing diabetes AND losing weight. One key change that has made this diet successful is portion control. You can still eat most of the foods you already enjoy and the **31 tasty recipes** included in this book will help you develop meal plans that you will look forward to instead of dreading.

Here Is A Preview Of What You'll Learn...

- What is the DASH Diet
- Benefits of the DASH Diet
- Basics of the DASH Diet
- Foods to Avoid
- Planning your Transition to the DASH Diet

- Tips to Upholding the DASH Diet
- 31 Tasty Recipes
- And much, much more!

DASH Diet Essentials is the answer to your Hypertension and Blood Pressure Issues

This diet has been around for a few years now and is a **proven** plan to reducing hypertension and blood pressure. Dr. Oz has devoted considerable airtime to showing the benefits of this plan and now you can benefit as well.

This book is meant to be a useful guide to those who want to get started on the path of healthy living through the DASH Diet plan. Inside this valuable resource you will find **31 Recipes** including tasty treats for breakfast, lunch, dinner and even desserts.

Chapter 1 gets you started on the right foot by addressing, in easy to understand terminology, exactly what the DASH Diet is and how you will benefit from being on it. There are no points to track or embarrassing weigh-ins. You'll have everything you need to begin today.

Buy this book now to begin your journey to a healthier you using the DASH Diet and take pleasure in all the benefits it will provide!

Don't forget your **FREE GIFT** with ebook purchase! Just my way of saying "thanks."

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From reader reviews:

Marilyn Daniels:

Do you certainly one of people who can't read gratifying if the sentence chained in the straightway, hold on guys that aren't like that. This DASH Diet Essentials: A Beginner's Guide to the DASH Diet with a Proven Lifestyle Plan and Delicious Recipes so You can Lower Your Blood Pressure, Lose ... a Healthy Life (Healthy Life Series Book 1) book is readable by simply you who hate the perfect word style. You will find the information here are arrange for enjoyable studying experience without leaving even decrease the knowledge that want to provide to you. The writer regarding DASH Diet Essentials: A Beginner's Guide to the DASH Diet with a Proven Lifestyle Plan and Delicious Recipes so You can Lower Your Blood Pressure, Lose ... a Healthy Life (Healthy Life Series Book 1) content conveys thinking easily to understand by lots of people. The printed and e-book are not different in the content material but it just different in the form of it. So , do you continue to thinking DASH Diet Essentials: A Beginner's Guide to the DASH Diet with a Proven Lifestyle Plan and Delicious Recipes so You can Lower Your Blood Pressure, Lose ... a Healthy Life (Healthy Life Series Book 1) is not loveable to be your top checklist reading book?

Robert Lindsey:

Spent a free a chance to be fun activity to complete! A lot of people spent their sparetime with their family, or their own friends. Usually they carrying out activity like watching television, gonna beach, or picnic inside park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Can be reading a book may be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the book untitled DASH Diet Essentials: A Beginner's Guide to the DASH Diet with a Proven Lifestyle Plan and Delicious Recipes so You can Lower Your Blood Pressure, Lose ... a Healthy Life (Healthy Life Series Book 1) can be excellent book to read. May be it could be best activity to you.

James Anderson:

A lot of people always spent their free time to vacation or perhaps go to the outside with them family or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity here is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book which you read you can spent the entire day to reading a e-book. The book DASH Diet Essentials: A Beginner's Guide to the DASH Diet with a Proven Lifestyle Plan and Delicious Recipes so You can Lower Your Blood Pressure, Lose ... a Healthy Life (Healthy Life Series Book 1) it is quite good to read. There are a lot of people who recommended this book. They were enjoying reading this book. Should you did not have enough space bringing this book you can buy often the e-book. You can m0ore very easily to read this book from the smart phone. The price is not to fund but this book provides high quality.

Richard Sauls:

You can spend your free time you just read this book this reserve. This DASH Diet Essentials: A Beginner's Guide to the DASH Diet with a Proven Lifestyle Plan and Delicious Recipes so You can Lower Your Blood Pressure, Lose ... a Healthy Life (Healthy Life Series Book 1) is simple to create you can read it in the park your car, in the beach, train in addition to soon. If you did not possess much space to bring the particular printed book, you can buy the e-book. It is make you much easier to read it. You can save typically the book in your smart phone. Consequently there are a lot of benefits that you will get when one buys this book.

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