



The Ultimate Dash Diet Guide: How to Lower Hypertension and Lose Weight (Paperback)

By Zoe Fields

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book contains proven steps and strategies on how to follow DASH diet, lower hypertension and lose weight. The DASH diet is recommended diet for 1 billion people worldwide with pre-hypertension or hypertension. The World Health Organization identified hypertension as the number one cause of premature death. You can take various medications to lower your blood pressure, but without changing your diet plan to DASH, reversing hypertension is impossible. DASH focuses on foods that are rich with fiber, vitamins, minerals and low in sodium. The DASH diet is recommended by the American Heart Association and for the 6th consecutive year, the US News and World Report nominated the DASH diet as the best overall diet, the healthiest diet and the best diet for diabetic patients. You can lower blood pressure and start to lose weight in just two weeks with DASH diet.



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-- Garry Lind

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