



Dash Diet: The Ultimate Beginner s Guide to Dash Diet to Naturally Lower Blood Pressure Proven Weight Loss Recipes (Dash Diet Book, Recipes, Naturally Lower Blood Pressure, Hypertension) (Paperback)

By Hmw Publishing

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In today s modern, all of us are concerned about our health more than ever before. This is due to the increase in diseases, viruses and other things that can affect how we live and how well we can continue to live the way that we want or need to. As a result of this, many new great diets have come to be. One of the most popular, if not the most popular is the DASH Diet. The DASH Diet is aimed for the prevention and cure of common diseases such as hypertension and diabetes by especially lowering sodium intake, sugars, and fats. Although it is designed for this, it has proved to be very effective for weight loss, help lower risk of osteoporosis, kidney problems, and even cancer. This book introduces you to this reputable diet. Not only will this book make you familiar with the new most effective diet tips, but it also contains recipe samples which will be very handy for you as you begin this healthy journey of adapting the new DASH Diet. There are also suggestions...



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