



Dash Diet Box Set 2 in 1: 2 Effective Dash Diet Plans to Lose Weight Fast and Get Healthy: (Dash Diet Weight Loss Solution, Dash Diet for Weight Loss, Dash Diet Recipes)

By Imogen Terry

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after the conclusion. DASH DIET BOX SET 2 IN 1: 2 Effective Dash Diet Plans To Lose Weight Fast and Get Healthy (FREE Bonus Included) BOOK #1: DASH Diet: 7-Day Dash Diet Meal Plan To Lose Weight, Boost Metabolism And Control Your Blood Pressure DASH stands for Dietary Approaches to Stop Hypertension - in other words, a meal plan that can lower your blood pressure. It was developed in the United States by the National Institutes of Health, and their studies showed that it could lower the blood pressure of patients with pre-hypertension by 6mm Hg for systolic blood pressure and 2mm Hg for diastolic blood pressure. Patients with hypertension showed a drop of 6 and 11 for the same readings. This book will take you through a seven-day meal plan in accordance with DASH guidelines. It includes recipes such as: Homemade pizza Goat s cheese fritatta Breakfast pancakes This book explains the rules behind the DASH diet and...



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Reviews

Excellent e-book and useful one. It is written in straightforward phrases rather than confusing. I am just very happy to explain how here is the finest publication i have got read through in my very own lifestyle and might be the greatest book for possibly.

-- **Viva Schuster**

This publication may be really worth a go through, and a lot better than other. It really is full of knowledge and wisdom Its been printed in an exceptionally easy way in fact it is simply after i finished reading this publication by which basically modified me, affect the way i really believe.

-- **Troy Dietrich DDS**