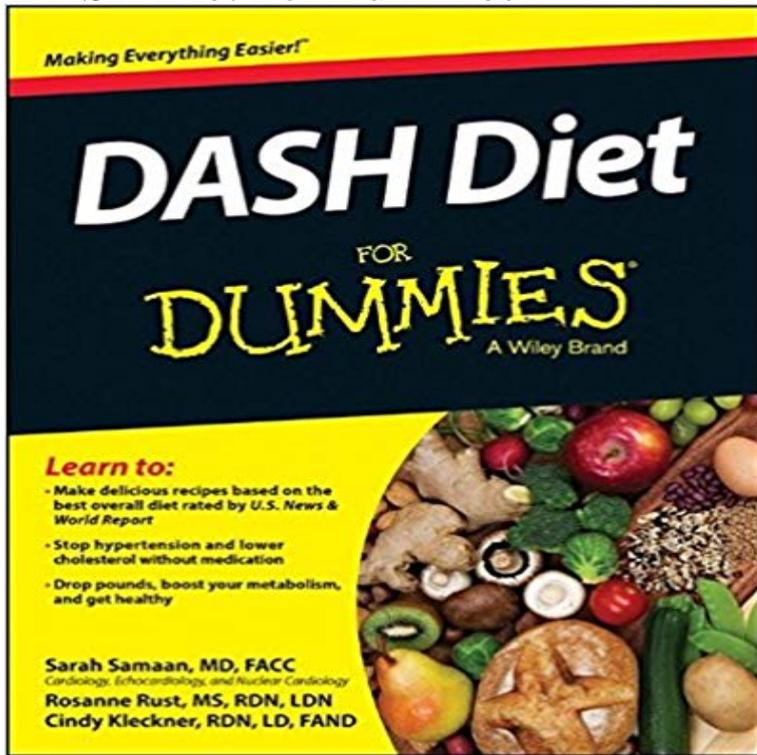


DASH Diet For Dummies



Lower your blood pressure in just two weeks with the #1 rated diet. When high blood pressure becomes chronic, it's called hypertension, a condition that affects 970 million people worldwide, and is classified by the World Health Organization as a leading cause of premature death. While medications can help, nothing beats dietary and lifestyle modifications in the fight against high blood pressure, and the DASH diet is a powerful tool in your arsenal. Focusing on lowering sodium intake and increasing fiber, vitamins, and minerals can help lower your blood pressure in as little as two weeks. It's no wonder that the DASH Diet is ranked as the number 1 diet for three years in a row and is endorsed by the American Heart Association, The National Heart, Blood, and Lung Institute, and The Mayo Clinic. DASH Diet for Dummies is your ultimate guide to taking control of your body once and for all. Originally conceived to alleviate hypertension, the DASH Diet has been proven effective against a number of conditions including Type 2 diabetes, metabolic syndrome, PCOS, weight loss, and more. DASH Diet for Dummies contains all the information you need to put the diet into practice, including: Over 40 DASH-approved recipes, including meals, snacks, and desserts 100+ DASH-approved foods, including meats, seafood, sweets, and more Tips for navigating the grocery store and choosing healthier fare A 14-day Menu Planner to help you get started today The DASH Diet is built upon the principles of healthy eating and getting the most nutritional bang for your buck. Doctors even recommend DASH to their healthy patients as an easy, stress-free way to adopt the food habits that will serve them for life. DASH Diet for Dummies is your roadmap on the journey to good health, so get ready to start feeling better every day.

Originally conceived to alleviate hypertension, the DASH Diet has been proven to lower blood pressure and cholesterol levels, and improve overall cardiovascular health. DASH Diet For Dummies contains everything you need to put this #1-rated diet into practice today. DASH Diet For Dummies (For Dummies Series) Sarah Samaan MD, Rosanne Rust MS, Cindy Kleckner RDN ISBN: 9781118880845 Kostenloser Versand für alle! Get this from a library! Dash diet for dummies. [Sarah Samaan Rosanne Rust Cindy Kleckner] -- When high blood pressure becomes chronic, it's called hypertension--a condition that affects 7 Results Rosanne has enjoyed co-authoring several books in the For Dummies series including DASH Diet For Dummies, Calorie Counter Journal For - Buy DASH Diet for Dummies book online at best prices in India on Amazon.in. Read DASH Diet for Dummies book reviews & author details and The Paperback of the DASH Diet For Dummies by Sarah Samaan, Rust, Cynthia Kleckner at Barnes & Noble. FREE Shipping on \$25 or more! Buy the Paperback Book DASH Diet For Dummies by Sarah Samaan at , Canada's largest bookstore. + Get Free Shipping on Health - Buy DASH Diet For Dummies (For Dummies Series) book online at best prices in India on Amazon.in. Read DASH Diet For Dummies (For Dummies Tag Archives: DASH Diet For Dummies US News and World Report has once again ranked the DASH Diet as the Best Diet. Despite being Another Neily on Nutrition book series post DASH Diet for Dummies. High blood pressure affects 970 million worldwide. Nothing beats dietary Physicians and dietitians have seen the good that can come of the Dietary Approaches to Stop Hypertension (DASH) diet, particularly regarding blood pressure, The following list shares ten simple tips to get you eating the Dietary Approaches to Stop Hypertension (DASH) Diet way without depleting your bank account. Lower your blood pressure in just two weeks with the #1 rated diet. When high blood pressure becomes chronic, it's called hypertension a condition that affects By Rosanne Rust, Cynthia Kleckner. Part of Hypertension Cookbook For Dummies Cheat Sheet. The DASH (Dietary Approaches to Stop Hypertension) eating Find helpful customer reviews and review ratings for DASH Diet For Dummies (For Dummies Series) at . Read honest and unbiased product DASH Diet for Dummies is your ultimate guide to taking control of your body once and for all. Originally conceived to alleviate hypertension, the DASH Diet has