



DASH Diet Action Plan: A Beginner's Guide to Natural Weight Loss, Lower Blood Pressure, and Better Health - Includes Recipes and Meal Plans

David Ortner

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Find out why the DASH diet was named the diet of the year by *US News and World Report* for the fourth year in a row!

If you're dealing with high blood pressure or excess weight, the DASH diet could very well be the tool you need to finally overcome these debilitating health issues. In fact, the DASH diet has been proven to lower blood pressure as well as reduce the need for first-line medications in as little as 14 days.

Author and personal trainer David Ortner provides a totally comprehensive guide packed with information on why and how the DASH diet works and how to make it a part of anyone's life. His book contains shopping and cooking guides, meal plans, and tips on maximizing and sticking with the DASH diet for incredible long-term results.



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From reader reviews:

David Cain:

As people who live in typically the modest era should be update about what going on or details even knowledge to make these individuals keep up with the era that is always change and advance. Some of you maybe will certainly update themselves by examining books. It is a good choice for you but the problems coming to you actually is you don't know what one you should start with. This DASH Diet Action Plan: A Beginner's Guide to Natural Weight Loss, Lower Blood Pressure, and Better Health - Includes Recipes and Meal Plans is our recommendation to make you keep up with the world. Why, because this book serves what you want and need in this era.

Margaret Burman:

Spent a free time to be fun activity to complete! A lot of people spent their down time with their family, or their own friends. Usually they carrying out activity like watching television, planning to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own free time/ holiday? Could be reading a book might be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the reserve untitled DASH Diet Action Plan: A Beginner's Guide to Natural Weight Loss, Lower Blood Pressure, and Better Health - Includes Recipes and Meal Plans can be excellent book to read. May be it may be best activity to you.

Anthony Rouse:

A lot of people always spent their free time to vacation or even go to the outside with them household or their friend. Are you aware? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity that is look different you can read any book. It is really fun for yourself. If you enjoy the book that you simply read you can spent 24 hours a day to reading a guide. The book DASH Diet Action Plan: A Beginner's Guide to Natural Weight Loss, Lower Blood Pressure, and Better Health - Includes Recipes and Meal Plans it is rather good to read. There are a lot of people who recommended this book. These were enjoying reading this book. In the event you did not have enough space to bring this book you can buy the e-book. You can more easily to read this book from the smart phone. The price is not to fund but this book features high quality.

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