



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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