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# **DASH Diet For Beginners: An Easy Step By Step Guide To Losing Weight, Reducing Hypertension And Feeling Great (Eat Your Way Lean & Healthy)**



## Synopsis

DASH Diet for BeginnersHi, I'm Katherine (Katy) Wright,Over the years I have tried everything under the sun in order to lose weight and stay fit. My enthusiasm for fitness and diet have led me to find out exactly what does and what doesn't work. I've previously written about the subject of losing weight without picking up a weight or hitting the treadmill; but in this guide I'm going to show you how to use the DASH diet (Dietary Approaches to Stop Hypertension). It's been proven time and again over the years that not only is this method healthier for your heart but for your body as a whole. This book contains proven steps you can take to get your hypertension back in order in as little as 14 days. What you'll find in this 40 page guide are the rules of the DASH diet and how to easily institute them into your daily routine. I've included eating strategies as well as some recipes to get you started on your way to a leaner and heart happier body. Here's just a LITTLE of what you'll discover in this incredible guide. . . A system to reboot your body by eating delicious whole foods The mindset you'll want and need to execute this system The necessary nutrition and dieting plans that work to quickly get your baseline in order What the effects of salt and other nutrients are on your health How to challenge yourself so you'll crush your health goals Don't wait, you'll want to put this information to use as soon as possible. Get this Awesome Guide for just \$2.99. Regularly priced at \$4.99 Download now and start using the DASH diet to get a younger and healthier YOU! Scroll to the top of the page and select the buy now button.

## Book Information

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## **Customer Reviews**

The ultimate goal of any diet book is to basically reduce weight and restore or have a fit and sexy body. However not all books wants to achieve having a healthy body inside and out. What I like about this book is its versatility as compared to other books reading the same kind of methodologies and recipes to try. This book is somehow different when it comes to addressing people sexcess weight. It takes into consideration a lot of factors and other life changing moments.

DASH diet or Dietary Approaches to Stop Hypertension is so important to consider because it is a diet intently created to control and to stop hypertension. We all know that hypertension is one of the common problems in the United States today. So, as early as now we have to know how to stop it. In this book, we are given a 7-day challenge to follow DASH diet. I have observed that it is just so easy to follow this kind of diet because the foods that you are going to eat are all delicious. We are provided a plan from breakfast to dinner and I think this is bearable.

I love salt-ish foods. I love foods that have high sodium content. This book is telling me why these two are not good for the body. It teaches its readers to live a healthier life by eating the right way. It contains recipes that are easy to prepare and healthy too. I guess if you want to live a long meaningful life, follow a dash diet plan like what is found in this book.

Great primer on the DASH diet. This no-frills guide will teach you everything you need to know about what it is all about. Itâ™s short and comprehensive, but definitely not lacking all the important details. Itâ™s light reading and would make it easy for anyone to decide whether the program is for them or not.

This book encourages its readers to live a healthy life. It explains why dash is better for everyone especially if one is getting older. I love the recipes found here. But really, eating baby carrots as a snack? I find it too much but I will try to follow all of the other advice found here.

"This book contains proven steps you can take to get your hypertension back in order in as little as

14 days."What could be more comforting than these words from the book's description? I am not that fully familiar with the Dash diet but this book has given me a very good introduction. What is even more amazing is that the contents and topics are so so educational and informative. And most of the outcome came from the author herself. The strategies and the recipes given will all help in making the DASH diet more comprehensive and will let readers know how effective it could be too.

Am exploring the opportunities in the natural food diets like the DASH diet, Paleo diet and many more but this book is focused on the benefits and the ways of having a good DASH diet. The book has information that is suggesting the use of the diet in the prevention of some healthy conditions like the Hypertension and Diabetes to improve the quality of life.

I'd like to help my mom as best as I can so I got this book. It's informative and straightforward. It can be easily understood even by someone who has little knowledge on the medical field. There's a 7-day meal plan included so one can have the idea how it works. It can be a challenging one with all the calculations and all.

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