



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:

Carrie Grogan:

Spent a free time and energy to be fun activity to perform! A lot of people spent their leisure time with their family, or all their friends. Usually they carrying out activity like watching television, going to beach, or picnic within the park. They actually doing same every week. Do you feel it? Will you something different to fill your current free time/ holiday? May be reading a book may be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to attempt look for book, may be the guide 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 very good book to read. May be it is usually best activity to you.

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