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Amanda Hollingsworth

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Dash Diet... you've heard of it but do you know what it is and how it works? The Dash Diet is unlike any other diet you've ever been on. The Dash Diet is a lifestyle! One that you can adhere to for the rest of your life and not feel deprived in any way. It is a healthy diet that will lower your blood pressure and help you to live longer. I wrote this book in an easy to follow format. After reading this book you will understand the philosophy and methods of the Dietary Approaches to Stop Hypertension (DASH) diet. It is currently ranked as the top diet which can ensure low blood pressure and a healthy lifestyle in general. If you are looking for ways to improve your health and your quality of life, then read through the pages of this book and start your journey towards a healthier and better you! I wish you all the success in the world as you embark on the journey to greater health through the DASH Diet. You can lose weight, lower your blood pressure and improve your health and this book will help you do it!

Here Is A Preview Of What You'll Learn...

- Understanding The DASH Diet
- Myths About Hypertension and the DASH Diet
- Controlling Your Hypertension Without Medication
- High Blood Pressure and Diet
- Starting Your DASH Journey
- Food Choices for the DASH Diet
- Strategies to Maintain The DASH Diet
- Succeeding On The DASH Diet
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