



Dash Diet for Beginners: Essentials to Get Started

John Chatham

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#1 AMAZON BESTSELLER

Do you know why the DASH diet is voted the "Best Diet" year after year?

It's simple: The DASH diet is an easy and sustainable tool for creating a healthful lifestyle.

Based on research by the National Institutes of Health, and chosen by *U.S. News & World Report* as its #1 choice in Best Diets Overall, Best Diets for Healthy Eating, and Best Diabetes Diets, the DASH diet rises above the noise of other gimmicky weight-loss plans. The DASH diet was created as a way for people with high blood pressure to enjoy the foods they love while working to reduce or correct their hypertension. With a DASH diet, finally you'll be able to get healthy and lose weight, while still eating the foods you enjoy most.

The DASH Diet for Beginners will show you how to use a DASH diet to effectively lose weight, improve your health, and reduce your risk of heart disease, with:

- 40 delicious DASH diet recipes including low-sodium versions of your favorite foods, from Creamy Spinach Dip to Beef Tostadas and Blackened Salmon Filets
- DASH diet guidelines with detailed explanations of the health benefits and scientific studies surrounding the DASH diet
- DASH diet food list featuring all of the top foods recommended on a DASH diet
- 7-Day DASH Diet Meal Plan, an easy guide to jump-start your health and weight loss

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Howard Depriest:

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