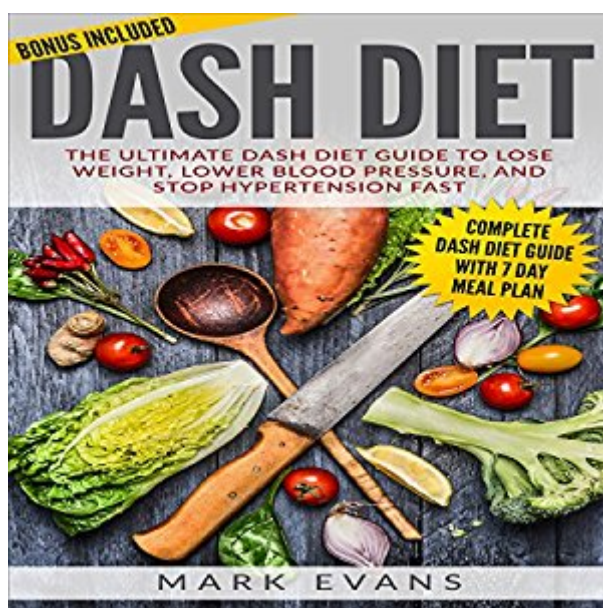


The book was found

DASH Diet: The Ultimate DASH Diet Guide To Lose Weight, Lower Blood Pressure, And Stop Hypertension Fast: DASH Diet Series, Book 2



Synopsis

Hypertension is one insidious disease. Compared to people with normal blood pressure, those who have this condition are up to four times more likely to develop heart diseases and seven times more likely to suffer a stroke. It is deemed a lifestyle condition because what typically triggers it is a series of lifestyle decisions that a person makes including diet and level of physical activity. The good news is, this means that your recovery is also completely in your hands. There is something you can do about it. The DASH diet is one way to manage the condition and ensure that not only is the damage minimized, but also that you can continue living a healthy life. This book is a comprehensive guide for those looking to get into the DASH lifestyle. It contains the following:

- Information on what the diet is and how it works
- What to eat and what not to eat
- Recommended servings of different foods groups
- Meal plans to get you started
- Tips that would make the switch to DASH diet easier
- Healthier substitutes for food you commonly eat
- Easy and delicious recipes

You do not have to suffer from hypertension. Listen this audiobook now and see how you can change your life for the better.

Book Information

Audible Audio Edition

Listening Length: 2 hours 5 and 6 minutes

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Version: Unabridged

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Customer Reviews

Today the chance of dying from cardiovascular disease is very high. The most important reason is high blood pressure. For a long life it is necessary to reduce the risk of these diseases. And DASH diet is great not only for those who have this problem, but it is suitable for ordinary people who are monitoring their health. The book is a guide for those who want to enter to change their way of life.

The author tells the basics of a diet, how to switch from a regular meal to a dietary meal, serving size and so on. I put 4 stars, the book is excellent for beginners, but I would like to see more pictures and diagrams, in addition I have some small questions about the diet plan.

This is an ultimate guide for losing weight and leading a healthy life. This book is a comprehensive guide for those looking to get into the DASH lifestyle. It contains the following information on what the diet is and how it works, what to eat and what not to eat, meal plans to get you started and much more. I hope this book is able to help you very much.

I think I will like this book, as I have lately investigated the DASH abstain from food for wellbeing reasons. The menus, formulas and shopping records in this book appear that they will make it simple to take after the DASH eat less, which is beneficial for me, since I am a constant eating regimen dropout.

After a diagnosis of high blood pressure, I've been at a loss to know how to change my diet. I know that apples are healthier than chips, but it's hard to make changes. This book, "Daily DASH for Weight Loss: A Day-by-Day DASH Weight Loss Plan," is filled with helpful information, tips, and good recipes

This book on Dietary Approaches to Stop Hypertension has many good recipes. This book does a wonderful job of explaining what the dash diet is and how it works and also how to implement it so that you can start to address weight issues and lower blood pressure at the same time. A must read!

Dash diet is more interesting than other diet offer I think, because the benefits are more catching and helpful and very natural. I like the recipes very mouth watering and delicious. Easy to cook and the instruction for the recipes are very easy to follow. I know that this can be a big help for me to reduce weights because, I am planning now to be fit and sexy.

Great book for those who are looking to be healthy and fit. It also has recipes which are clear to follow and have easy to buy ingredients. I wish to recommend this cook book to anyone.

Nice cookbook if you don't need the nutritional content for salt per serving. As a HBP person salt per serving is essential in DASH eating. Returned this cookbook.

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Prevent Heart Disease (DASH Diet for beginners, Weight Loss, Boost Metabolism, Healthy) High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High Blood Pressure Solution: How to lower your Blood Pressure without medication using Natural Remedies (Natural Remedies, Blood Pressure, Hypertension) Blood Pressure Solutions: Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet, low salt, healthy eating)

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