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# The DASH Diet - Dietary Approaches To Stop Hypertension - A Brilliant Diet To Stay Healthy, Lose Weight, And Beat Diabetes!: The Essential Guide To The ... Type 2 Diabetes, DASH, Hypertension)

**DASH** Dietary Approaches to Stop Hypertension  
THE ULTIMATE GUIDE TO THE DASH DIET!



EMILY MURPHY



## Synopsis

The DASH Diet! Getting your diet spot on for sufferers of Type 2 Diabetes is tricky. I'm here to tell you it's very possible to eat properly. It doesn't even have to be that hard. You CAN lose weight whilst controlling diabetes. This book will show you how to change your lifestyle to be fit, healthy, and look good forever. The Ultimate Guide to the DASH Diet! DASH: The Ultimate Guide to the DASH Diet! will guide you step-by-step through everything you need to start eating healthily, exercise well, and maybe even save your life. In this book, you will learn facts about the DASH diet and why it is suitable for everyone. Why other diets don't work like they say they do, and why this one does! The effectiveness of combining the DASH diet with exercise! The science and studies that PROVE dash to be effective if followed correctly. A step-by-step guide to the dash diet. Also, bonus material in the form of RECIPE GUIDES! Are you ready to take control of your diabetes and stop being a slave to its side-effects? If you said yes, get this book NOW to lose weight FAST with the DASH DIET: Ultimate Guide to the DASH Diet!

## Book Information

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## Customer Reviews

This was an illuminating read on the connections between hypertension, weight loss, metabolism and other important variables in long term health. A straightforward recipe book would only go so far in helping with hypertension, whereas this book gives you not only the "how" but also the "why" so you can apply the knowledge to any kind of cuisine. Very useful!

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DIET WEIGHT LOSS SOLUTION 2017: Balance Blood Pressure; Reduce the Risk of Diabetes, Be Healthy. [DASH Diet Book 2] (60 DASH Diet Recipes Under 30 Minutes) The DASH Diet Action Plan: Based on the National Institutes of Health Research: Dietary Approaches to Stop Hypertension Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) BLOOD TYPE DIET FOR BEGINNERS: Your Guide To Eat Right 4 Your Type And Lose Up To A Pound A Day: Lose Weight Fast, Look Healthy With Your Blood Type O, A, B And AB DASH Diet: Dash Diet Made Easy - Lose Weight Now and Lower Blood Pressure Painlessly (Dash Diet Cookbook) Dash Diet: Dash Diet Cookbook for Weight Loss: Includes Easy to Cook Dash Diet Recipes for Healthy Living!

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