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Dash Diet Recipes and Beginner's Guide: The Best Dash Diet Recipes to Lower Blood Pressure and to Keep You Fit and Healthy!

By Katie Miles

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm.

Language: English . Brand New Book ***** Print on Demand *****.Dash Diet: Recipes and Beginner's Guide: The Best Dash

Diet Recipes to lower Blood Pressure and to keep you Fit and Healthy! These days, it is so important that you become

conscious about your health and that you do everything you can to make sure that you just don't succumb to any illness-

especially to the threat of heart ailments and strokes that claim the lives of many every day. In fact, around 600,000 people die

from heart diseases each year and that's why it's essential for you to protect yourself. The question is how? Well, good news!

With DASH Diet Recipes and Beginner's Guide: The Best DASH Diet Recipes to Lower Blood Pressure and keep you fit and

healthy! you'll get to understand why DASH Diet, a diet regimen developed by the US National Institute of Health is

actually good for you and why it's said to lower blood pressure and help you lose weight. Aside from lowering blood pressure,

you'll realize that the DASH diet ca...



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Reviews

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