

Making Everything Easier!

DASH Diet

FOR
DUMMIES
A Wiley Brand

Learn to:

- Make delicious recipes based on the best overall diet rated by U.S. News & World Report
- Stop hypertension and lower cholesterol without medication
- Drop pounds, boost your metabolism, and get healthy

Sarah Samaan, MD, FACC

Cardiology, Endocrinology, and Nuclear Cardiology

Rosanne Rust, MS, RDN, LDN

Cindy Kleckner, RDN, LD, FAND



Sarah Samaan

DASH Diet For Dummies (For Dummies Series)



[continue reading](#)

Lower your blood circulation pressure in just two weeks with the #1 rated diet. When high blood circulation pressure becomes chronic, it's called hypertension— DASH Diet for Dummies contains all the information you have to put the diet into practice, including: Over 40 DASH-approved recipes, including meals, snacks, and desserts; 100+ DASH-authorized foods, including meats, seafood, sweets, and more; Tips for navigating the grocery store and choosing healthier fare; A 14-time Menu Planner to obtain started today. The DASH Diet is built upon the principles of healthy eating and getting the most nutritional value for your money. While medications might help, nothing beats dietary and lifestyle modifications in the fight against high blood pressure, and the DASH diet is a powerful tool in your arsenal. Concentrating on reducing sodium intake and increasing fiber, vitamins, and nutrients can help lower your blood circulation pressure in as small as two weeks. Doctors even recommend DASH with their healthy sufferers as a straightforward, stress-free way to adopt the food habits that will serve them forever. DASH Diet for Dummies is your best instruction to taking control of the body forever. Originally conceived to alleviate hypertension, the DASH Diet plan has shown effective against numerous conditions including Type 2 diabetes, metabolic syndrome, PCOS, weight loss, and even more. A condition that affects 970 million people worldwide, and is classified by the World Health Organization as a leading reason behind premature death. It's no question that the DASH Diet plan is ranked as the quantity 1 diet for 3 years in a row and is usually endorsed by the American Cardiovascular Association, The National Cardiovascular, Blood, and Lung Institute, and The Mayo Clinic. DASH Diet for Dummies is certainly your roadmap on the journey to good health, so get ready to start feeling better every day.



[continue reading](#)

Great Book for DASH Totally takes the guess work out of the DASH diet and for folks having to lower sodium intake. Pass upon this one Do not recommend this. An extremely easy to read reserve and easy to reference This is a great book. It offered me alot of information to . This is a great book... It gave me a lot of information to help me put framework into my food planning. I am very happy to have this book in my kitchen because I am able to grab it and appearance items up that help out. I really like the recipes. In comparison to other diet books I've read, that one is on the top of my list. Extremely detailed explanation on how and just why the DASH Diet works. Quality recipes are in the trunk which are helpful. There are better books out there. Also Facebook and Reddit Keto organizations have better information. Great cookbook Great cookbook. Perfectly written. Would recommend it to others. Five Stars Has some very nice information in it. Yum Make reference to the book along with other Dash diet plan books. Very pleased Interesting Good to try Well done Good book. It places the equipment on the internet in a single book and explains it all. Well written Useful and easy to follow. Good plan for overall diet and diet. Recommend! Recipes have lots of flavor though conscious in sodium, and the publication gives suggestions for label reading when purchasing and choosing products. Great practical guide for eating general healthy eating Great practical information for eating general healthy eating, but particularly if hypertension is certainly a concern. easy to follow Simple, easy to check out, if ONLY I'd!



[continue reading](#)

download free DASH Diet For Dummies (For Dummies Series) mobi

download DASH Diet For Dummies (For Dummies Series) fb2

[download free Mediterranean Diet For Dummies epub](#)

[download Glycemic Index Diet For Dummies epub](#)

[download free Nutrition: Science and Applications e-book](#)