

THE  
DASH  
DIET  
Weight Loss  
Solution



**2 WEEKS TO DROP POUNDS,  
BOOST METABOLISM,  
AND GET HEALTHY**

**Marla Heller, MS, RD**

*New York Times Bestselling Author*

Marla Heller

## The Dash Diet Weight Loss Solution: 2 Weeks to Drop Pounds, Boost Metabolism, and Get Healthy



[continue reading](#)



Doctor recommended - tremendous success! This book has helped me tremendously!! I must say, it was challenging to break my addiction to sugar. Healthy way to consume I was diagnosed with high blood pressure so I purchased this book and shed 15 pounds by following the Phase 1 and Stage 2 parts of the dietary plan. I failed a few times before finally breaking through and sticking with it. My weigh-in today was the lowest it has been in ten years. You don't go hungry, it revs up your energy (with plant body fat and lean protein), it's not expensive, and it's really easy to check out. My blood circulation pressure dropped so dramatically that my medication had to be significantly decreased.! Whenever I see the numbers on the scale creep up a bit, I "scale" back. Most essential thing to know: it works! In 3 months, I've lost 23 pounds, been down 5 factors in my surplus fat percentage, and lost 4. (I received a duplicate of the of the plan guidelines and sample menus in September through the author's Facebook group.. I lost 60 pounds and have not really put it back again on..after struggling with my weight for many years..5 inches from my waist.) In addition to the outer changes, my cholesterol rate dropped to 121, with a commensurate decrease in triglycerides and LDLs.I know a bit about nutrition (what heavy person doesn't?). I needed an idea that followed sound nutritional recommendations and had some analysis to back it up. This one does. Marla will a great job of explaining why the items I learned all about nutrition in my own 20s aren't working for me in my own 40s, and then lays out, obviously, concisely, and with menus and recipes, what \*will\* work...and it did. I was anxious about reducing grains--I attempted the Atkins plan several times and it simply made me sick--but I felt fine. This book changed my entire life!. In the 3 months I've been upon this strategy I started a fresh job; Much better than a book We hate reading, but this reserve is organized so you can utilize it in any manner you want...!and still think it is easier than it's ever gone to make conscious choices about what I eat.I hope you find this helpful.. :) I'll give this a try THIS WILL TAKE A MIRACLE Great advice and info!if you've been fighting this battle for decades and started to think nothing was ever going to work, give this a genuine shot. Down almost 40lbs from following this diet. I had Thus much success on phase one, I was scared to go on and reintroduce fruit and whole grains to my diet so I remained onto it for another 2 weeks.Gotta move.The 2-week turbocharge is a great way to start the plan: all of the claims about resetting your own body's expectations proved true for me personally..exercise class starts soon! Best thing We ever did!!!! Readable . I also exercize today its getting easier.. I did not perfrom the exercise as recommended in the book due to very low energy levels, but imagine that if I had, I would have lost more weight.. I'm sure a lot of that was liquid, but what on earth.! My doctor suggested the Dash Diet for my high blood circulation pressure.!! I bought this book over three years ago and read/followed it pretty religiously .. I recommend this reserve to whoever has high blood pressure or cholesterol and wants to lose weight. I experienced a lot more energy... And my blood pressure is great! I'll get the other book with an increase of recipes.! I skipped most of the real reading, and used it for all your resources it included, This helped save me time, so I could get right down to business. Thanksgiving, and now find myself encircled by all the Christmas treats.I'll tank an 8 lb. reduction. Great Book! BTW, I'm not really a kid!!I was 56 year-aged, still-experiencing-menopausal-symptoms-woman when We started. As I inform everyone, it's not a diet plan, it's a lifestyle!Just buy it and do it!!!!!!!!!!!! It Worked For Me! easy to check out diet. Not really a lot, but more than enough to reduce a belt loop. I've been menopausal for years, along with having an underactive thyroid, and slimming down has been almost impossible for me going back few years. I'm struggling to exercise much because of torn ligaments in my foot. Third , weight loss solution really helped. AND I lost 8 pounds that 1st week! Eliminating breads and sugar really did make a difference! The menu plans are satisfying and tasty, and Marla has actually helped me to re-frame just how I think about food. It may change your life.! My blood work is all good and could obtain off

acid reflux medication and among my blood pressure pills!! I have ways to go but this publication has trained me how to consume foods that will help with the fat lost. It has been a God-send out and was so easy that I kicked myself for not doing it sooner. Good topic for dieting This book was recommended by my doctor and is an interesting diet for individuals who want to lose weight slowly so that it stays off. In the event that you follow it the way it says, you will eventually lose fat fast in the first two weeks . I reduction 8 pounds in two weeks. The next two weeks I reduction 5 pounds. And Personally i think great!! never experience hungry, actually after just one week. celebrated my anniversary, Halloween, my birthday, & It has dishes in a single section, or example food plans in another.. After the initial week I was down 8 lbs. I anticipate continuing my journey. Good diet Good diet Dash Diet My friends have all tried it with great results. and it had been awesome! You don't go hungry While I didn't use this for blood pressure (mine is normal), I did use this to prepare for weight loss medical procedures, and it had been awesome! In one month of following a diet closely I lost almost 20 pounds. Super clear, lots of details and easy to check out.. This is such an excellent guide to the DASH diet! I highly recommend it for anyone, surgery or not. 100% suggested! Btw the index is normally your friend. Finally getting on board and so considerably so good. It's a good read as well, motivational and understanding. This is an excellent book.! We have lost weight following just 14 days on this. As advertised Very helpful Informative read Good information. Phase one (2 weeks) is painful. Encourages eating fundamentally a low fat, low carbohydrate diet high in fresh fruits and vegetables.



[continue reading](#)

download free The Dash Diet Weight Loss Solution: 2 Weeks to Drop Pounds, Boost Metabolism, and Get Healthy pdf

download free The Dash Diet Weight Loss Solution: 2 Weeks to Drop Pounds, Boost Metabolism, and Get Healthy mobi

[download free My Beef with Meat: The Healthiest Argument for Eating a Plant-Strong Diet--Plus 140 New Engine 2 Recipes pdf](#)

[download Power Foods for the Brain: An Effective 3-Step Plan to Protect Your Mind and Strengthen Your Memory e-book](#)

[download Power Foods for the Brain: An Effective 3-Step Plan to Protect Your Mind and Strengthen](#)

