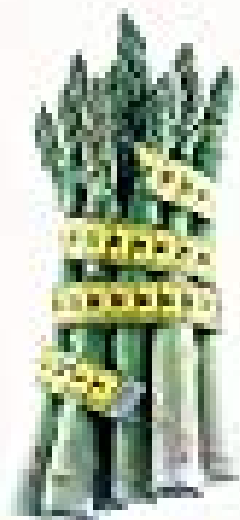


THE NEW YORK TIMES BESTSELLER

THE  
DASH  
DIET  
Action Plan

Ranked #1  
Best Diet Overall  
by U.S. News &  
World Report



PROVEN TO BOOST  
WEIGHT LOSS AND  
IMPROVE HEALTH

Marla Heller, MS, RD

Marla Heller

## The DASH Diet Action Plan: Proven to Lower Blood Pressure and Cholesterol without Medication (A DASH Diet Book)



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THE BRAND NEW York Times Bestseller--Based on the Diet Ranked " and support reaching and maintaining a healthy weight. by US NEWS & Unlike any diet plan before it, DASH, which stands for Dietary Approaches to Stop Hypertension, arrived of groundbreaking NIH-funded study. Abundant with fruits, vegetables, whole grains, low-fat and non-fat dairy, lean meats, fish, coffee beans, and nuts, DASH is certainly grounded in healthy eating concepts that lower blood circulation pressure; WORLD REPORT--for 8 Years in a Row! Right now, Marla Heller, MS, RD, who was trained by one of the major architects of the DASH diet and is certainly herself the leading dietician placing DASH into actions for over ten years, shares the trick to making the diet easy and available, in THE DASH DIET ACTION Program. Finally, the #1 ranked DASH diet is certainly popularized and user-friendly. decrease the risk of cardiovascular disease, stroke, and some types of tumor;#1Best Diet General"No diet has a medical pedigree like DASH, and this book is a straightforward, actionable plan that can match seamlessly into everyone's life and lifestyle. It offers:28 days of meal plans at different calorie rangesSimple tools to assist you personalize a DASH Diet Action Arrange for guaranteed successDASH-friendly recipes and buying listsTips for consuming on-the-runAdvice on healthy weight loss and workout for every lifestyle.Right now, you can revolutionize your health and change your life-without medication.



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My initial and last diet - lifestyle change. The only diet I have ever tried. At 69 years old, I needed to eat healthier. That is a no non-sense plan. It isn't realistic to prepare such a little amount. nuts are component of it, meats or fish in reasonable portions, DAILY. The lower salt was a shock on how very much salt I was obtaining when I believed I was consuming low salt! No prepared sugar, it all will come in the fruit. I exercise daily. The dietary plan is recommended by all the major health associations, (heart, kidney, cancer, diabetic) look it through to the health site, the only one I might add. I really do not normally feel starving, when I really do I snack on vegetables or fruit, my problem was generally grazing. I never go out with out fruit and veggies. All of this is with a sensible rotation of different daily fresh vegetables and fruit. I am shocked that I was able to cut sugar cold, as well as in just about seven days, food I previously ate regularly tasted so salty, I could not probably eat it since it was so over salted. Those a couple of things had been a big surprise if you ask me, and maybe the biggest benefit of the diet. We are never hungry and eat smaller meals 5 times a day. nothing unique. it gives great tips for eating out and grocery store trips. At my checkup last week, my BP was 115/75 and my cholesterol was well in the standard range. Best Diet Ever! The reserve gives suggestions as to how to substitute appropriate foods for the menu products. My BMI provides dropped from 34 (obese) to 26.5 (somewhat overweight.) For a long time I was on medication for blood circulation pressure and cholesterol. Last month, my doctor had taken me off of both. My goal is to attain my target weigh in a few a few months and stay withing 5 pounds of my objective 24 months plus from right now. It tells how exactly to plan meals by yourself, and reviews some of the basics guiding the dietary plan. I've tried plenty of diets in the past. I'm eating a lot of good meals and am rarely starving. As a matter of fact, I usually have difficulty eating all the food that is on the day's menu because I am full prior to the end of the meal. Additionally diet, I walking a minimum of 10K steps a time (using vivofit pedometer). The menus are easy to check out and have good meals on them (including an occasional chocolate chip cookie.) I haven't implemented the menus exactly, but that's OK. I have already been on the DASH diet plan for 16 weeks and also have shed 45 pounds! really?), plenty of fruits and vegetables, dietary fiber and low sodium. One important change which has made this diet successful is portion control. I got this book 2 weeks ago, and I've lost 15 lbs up to now. For breakfast today, I had 1/2 glass scrambled egg whites on a complete wheat tortilla topped with avocado and 2 tablespoons of salsa, 6 ounces of pineapple, 6 ounces of orange juice and 8 ounces of milk.. I've no idea how many calories it had been, but by calculating each item, I am confident that I ate a sensible, healthy meal and I am on the right track for another successful day time. I don't feel deprived. This is the initial one that I'd gladly follow for the others of my life. Get the book. A plan that basically Does Work The only diet program that really works long term. I've lost 12 pounds and my husband 15 in four weeks. This is a life-style change if you do not currently eat purely healthy food in proper quantities and no junk food as well as exercise regularly now. The weight loss is normally amazing though. Blood pressure is more steady. We will continue steadily to stay on this plan. Exactly what I wanted... It has a month's worth of meal plans, and also some necessary recipes. I have lost 30 pounds and also have 15 to move, I've never felt so excellent. It gives nutritional information for meals. I'm in fact enjoying being upon this diet. Also, canned fruit is normally allowed, no restrictions on sugar. The publication is easy to read and to follow. My only criticism is that a few of the programs and recipes require refinement or review. For instance, I really like scalloped potatoes plus they appear on a menu, but no one will probably prepare only one cup of potatoes for four people. Basically eat 5 vegetables, 4 fruit, only wholegrains, low or no fats dairy, eggs & Another recipe calls for cooking four pieces of chicken breast, but the recipe can be for five servings. Started it for heart and blood pressure factors. I am working slowing to improve my daily average. Therefore many choices to consume. This book was exactly what I was looking for as a guide for implementing the Dash Diet.. DASH combined with daily workout brought down my blood pressure by 30 factors without medication. How do you divide that up? You can easily stick to, and easy to remain on. I spent a while building my very own meal programs by picking and selecting from the many listed in the book--making sure I kept the total amount between protein, carbs, dairy, fruits, and vegetables. Personally i think so far better already. Try this before blood circulation pressure medication.????????? Gre for weight loss. I've lost 16 pounds in 2 months on this diet. This review is for the DASH Diet Action Plan book!!!! Best alternative option to blood pressure medication. I purchased this book to lose excess weight, to see if my blood circulation pressure will lower. My doctor recommended I lose 20-25 lbs, so my bmi is normal range. They are offering a

menu that is only appropriate to perfectly healthy youthful adults. I haven't been able to successfully lose weight during the past, I often feel starving and shaky when dieting. I purchased a kitchen scale (to weigh food, not me) and use it, along with my calculating cups and spoons, every meal. And I am hardly ever hungry. I also bought Marla Hellers Everyday Dash Diet Cookbook, which I like. I have not need my blood pressure read "officially" yet. I've lost that horrible sugars and carb cravings and do not have blood sugar spikes anymore. I was giving myself 5 months to lose 20 lbs, and I am almost generally there after 2 mos. I will "continue" until my bmi is mid-average range. I'm so content and excited by this. The book provides 28 days of meal programs using real food that I prepare myself, not special pre-prepared meals from the freezer section of the grocery store. Overall a great publication and very useful. I can not say yet whether it has helped with my blood pressure. :) And for recipes please see Mayo Clinics website. Good recipes Gift Great introduction to DASH lifestyle If you are recently identified as having high blood pressure, this book is a great guide to the DASH lifestyle. It offers information on diet and exercise, including many different foods. It is not really a diet, it really is a life transformation in the manner I eat, and what I consume. I quickly dropped 10 pounds and my blood pressure has come down to a variety that I do not need to go on any medication to manage high blood circulation pressure. I anticipate it to continue to decrease and get into a wholesome range if I could exercise more regularly. I highly recommend this book! You have to disregard some of their advice if you don't are healthy already Telling visitors to use juice since a fruit choice is typically not excellent for them. The Dash Diet plan is strongly suggested and can easily be done for life. Chocolate chip cookies for dessert? I love the DASH diet because I need not count calories or points or other things. The emphasis is usually on lean proteins (fish, poultry, pork, some beef, egg whites, etc. For those who are hypertensive, over weight, diabetic, many of the recommendations need to be modified. He wants to observe if my blood pressure is still high after my excess weight is normally down. That is a lot of tasty food!. not really their typical audience, I'd think. as advertised as advertised Four Stars works One Star OLD - waste of \$\$ - I will return Two Stars just another diet plan. It is great for those who have the personal control required to make it happen long term. This review is for the DASH Diet Action Plan book ... ! The reserve is informative as to what the program is and why you should modification your eating habits to get results but I needed something with an increase of recipes.



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