



Jennifer Stone

# DASH DIET COOKBOOK

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Decrease Blood Pressure Naturally  
with Delicious Everyday Recipes

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## DASH Diet Cookbook: Decrease Blood Pressure Naturally with Delicious Everyday Recipes



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Hypertension is certainly a condition of HBP (high blood pressure) in a person. People who desire a control over their hypertension are recommended the DASH diet. DASH is short for Dietary Methods to End Hypertension. A consistent struggle with high blood pressure can usually result in heart diseases, which is why the DASH diet plan becomes an exceptionally important solution for people. In the DASH diet plan, a person targets a combination of nutritious ingredients, such as for example whole grains, liver organ, vegetables, and fruits. The dietary plan reduces the amount of red meat, added sugars, extra fat and salt in meals. However, vegans or vegetarians can choose coffee beans in order to get lean protein. Lean meat proteins includes fish and poultry; These are the things that offer threats of hypertension in our body.



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