



Dash Diet for Beginners: Lower Your Blood Pressure for Healthy Weight Loss

By Keith Alexander

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Blood pressure, the risk of heart diseases, diabetes, stroke, and weight loss are arguably some of the most discussed issues in the society today. The contribution of diet to all these problems is evident in as much as exercise and other interventions are commonly cited. You are what you eat and your body responds to the nutrients that you take in to your system. DASH diet is an excellent choice for people who want to lose weight or eat healthy as a measure to safeguard their bodies against infections. DASH diets open up lots of possibilities without hard-to-follow rules, gimmicks or any unreasonable restrictions. As opposed to other diet plans which impose stringent measures and get you stuck in diet doldrums, DASH diet makes you full of energy and enhances your satisfaction. DASH diet is nutritionally sound, endorsed and approved by the health community and based on extensive scientific experiments. It was chosen by the US News and World Report as a number one diet in the Best Diets for Healthy Eating, Best Diets Overall...



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