



## DASH DIET A Beginners Guide to Lose Weight, Lower Blood Pressure and Boost Metabolism with Delicious Recipes the Fast and Easy Way A Beginners Guide Series Volume 1

By Sandra Rossi

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 88 pages. Dimensions: 8.9in. x 5.9in. x 0.2in. Voted The 1 Diet By Medical Experts 3 Years In A Row To Make YOU Feel Great. . . Dr. Oz and Medical Experts everywhere point to the DASH DIET as the 1 way for you to reduce blood pressure and obesity, lose weight and even reverse or slow down serious illnesses such as heart disease and osteoporosis. . . Backed By 100 Research and Studies, so YOU can be healthier SOONER (and easier) Heres What Youll Discover with the DASH DIET: The Secret Killer Element which can lead to health problems if consumed excessively. . . The Comprehensive Research which reveals exactly how and why the diet was created. The Delicious Foods you can STILL eat (which are both FAST and EASY to make) Easy Recipes for Breakfast, Lunch, Dinner and even Dessert! (Included is also a quick start-up 7 day meal plan) Everything you need to take 100 advantage of ALL the info inside of this back-to-basics guide. . . What Does This Mean For You Reduces your blood pressure and lowers your risk of stroke or heart attacks. ....



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