



Dash Diet: A Complete Step by Step Beginners Guide (Paperback)

By Melissa A Johnson

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The best diet, the best diet for diabetes, the healthiest diet and so on.these are just some of the attributes given to the DASH diet. Makes one wonder what it is about DASH diet that has gotten it so much praise by the medical society! The DASH diet has proven to be effective for a number of ailments including high blood pressure, cholesterol, diabetes, kidney stones, heart diseases and many others. One common misperception about DASH diet is that it is for people having the above mentioned diseases only. Well, this is just a small definition of this vast term. The health benefits of DASH diet stated in this book are proof enough of the fact that DASH diet is for everyone. This guide tells you how this form of diet is helpful in staying healthy. From the basic nutritional DASH guidelines to a step by step DASH procedure and an easy-to-follow 7 day DASH diet plan, this book tells you all you need to know about DASH diet. So don t just stop here....



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