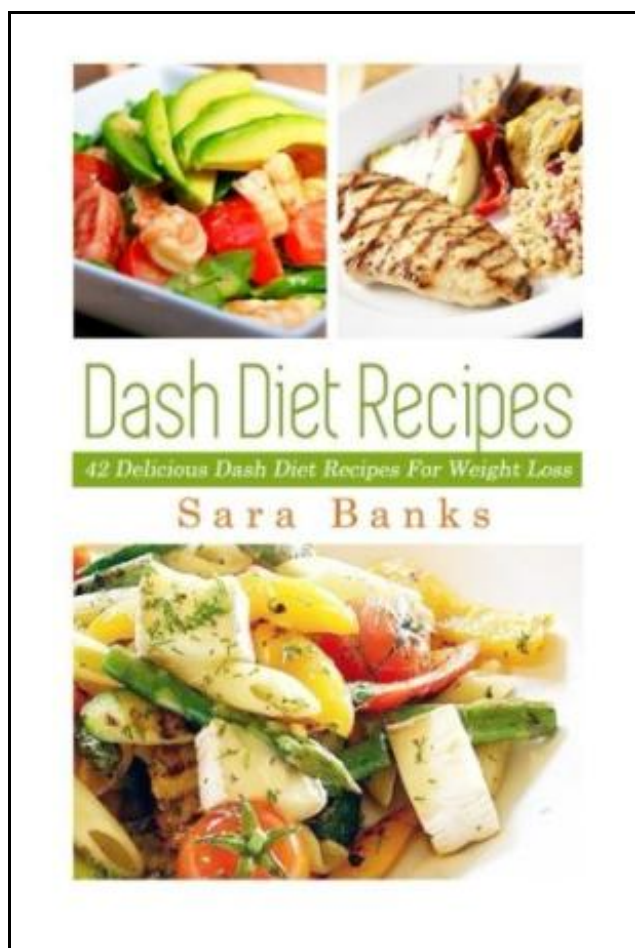


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Createspace, United States, 2014. Paperback. Book Condition: New. 224 x 142 mm. Language: English . Brand New Book ***** Print on Demand *****.DISCOVER THE AMAZING HEALTH AND WEIGHT LOSS BENEFITS OF THE DASH DIET! ARE YOU READY TO EXPERIENCE THE WEIGHT LOSS BENEFITS OF THE HOTTEST DIET ON THE PLANET RIGHT NOW? Whether you want to lose a few extra pounds or radically transform your body and life the Dash Diet can help you achieve that. The experts have spoken and they have crowned the Dash Diet the best health and weight loss diet on the planet. US News and Report have declared the Dash Diet the top diet 4 years in a row now. The Dash Diet not only will help you lose weight but it is also proven to provide many other amazing health benefits such as: lower blood pressure and cholesterol, lower risk of several types of cancer, heart disease, stroke, heart failure, kidney stones, and reduced risk of developing diabetes. The Dash Diet just flat out works. The DASH diet is an amazing plant-focused diet, rich in fruits and vegetables, nuts, lean meats, fish, and poultry, mostly whole grains, and heart healthy fats. The Dash Diet is easy to follow and focuses on real food making it the perfect weight loss diet that you can even feed your family with! Inside this book Dash Diet Recipes-42 Delicious Dash Diet Recipes For Weight Loss you will learn more about why this diet is the most popular weight loss diet 4 years running. You will also get 42 delicious top recipes for weight loss ranging from breakfast to deserts and everything in between. You will even get a great 7 day meal plan to follow as a guide. This book has everything you need to get you going...



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