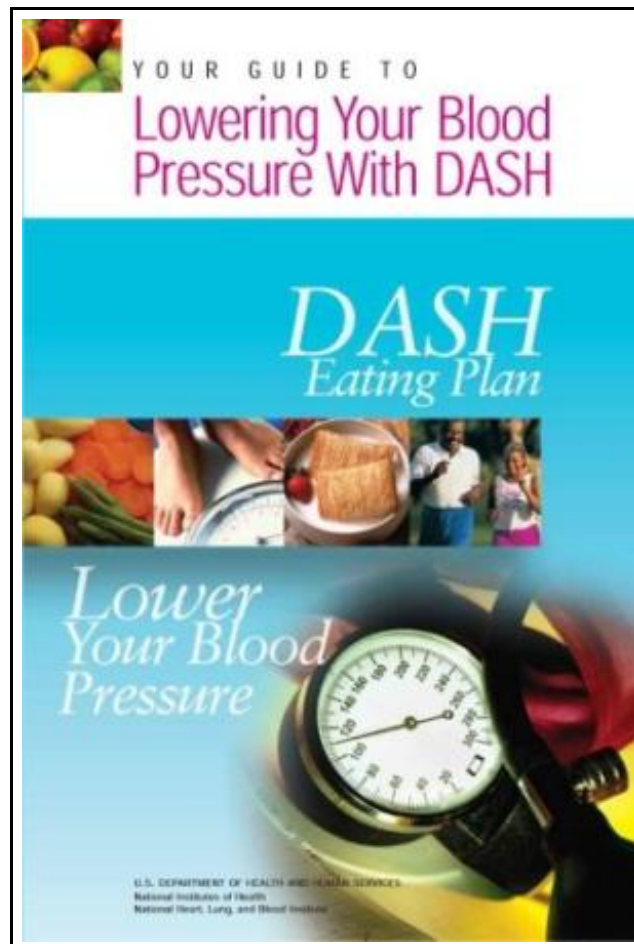


Your Guide to Lowering Your Blood Pressure with Dash: Dash Eating Plan



Filesize: 6.91 MB

Reviews

An exceptional publication as well as the font employed was exciting to see. it was actually writtern extremely flawlessly and helpful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Dominic Collins)

YOUR GUIDE TO LOWERING YOUR BLOOD PRESSURE WITH DASH: DASH EATING PLAN



To save **Your Guide to Lowering Your Blood Pressure with Dash: Dash Eating Plan** PDF, remember to click the web link below and save the file or have access to other information which are related to **YOUR GUIDE TO LOWERING YOUR BLOOD PRESSURE WITH DASH: DASH EATING PLAN** ebook.

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.This book by the National Institutes of Health (Publication 06-4082) and the National Heart, Lung, and Blood Institute provides information and effective ways to work with your diet because what you choose to eat affects your chances of developing high blood pressure, or hypertension (the medical term). Recent studies show that blood pressure can be lowered by following the Dietary Approaches to Stop Hypertension (DASH) eating plan-and by eating less salt, also called sodium. While each step alone lowers blood pressure, the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure. This book, based on the DASH research findings, tells how to follow the DASH eating plan and reduce the amount of sodium you consume. It offers tips on how to start and stay on the eating plan, as well as a week of menus and some recipes. The menus and recipes are given for two levels of daily sodium consumption-2,300 and 1,500 milligrams per day. Twenty-three hundred milligrams is the highest level considered acceptable by the National High Blood Pressure Education Program. It is also the highest amount recommended for healthy Americans by the 2005 U.S. Dietary Guidelines for Americans. The 1,500 milligram level can lower blood pressure further and more recently is the amount recommended by the Institute of Medicine as an adequate intake level and one that most people should try to achieve. The lower your salt intake is, the lower your blood pressure. Studies have found that the DASH menus containing 2,300 milligrams of sodium can lower blood pressure and that an even lower level of sodium, 1,500 milligrams,...



[Read Your Guide to Lowering Your Blood Pressure with Dash: Dash Eating Plan Online](#)



[Download PDF Your Guide to Lowering Your Blood Pressure with Dash: Dash Eating Plan](#)



[Download ePub Your Guide to Lowering Your Blood Pressure with Dash: Dash Eating Plan](#)

Relevant Kindle Books



[PDF] Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook

Click the web link under to read "Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook" file.

[Read PDF »](#)



[PDF] Twelve Effective Ways to Help Your ADD/ADHD Child: Drug-Free Alternatives for.

Click the web link under to read "Twelve Effective Ways to Help Your ADD/ADHD Child: Drug-Free Alternatives for." file.

[Read PDF »](#)



[PDF] Weebies Family Halloween Night English Language: English Language British Full Colour

Click the web link under to read "Weebies Family Halloween Night English Language: English Language British Full Colour" file.

[Read PDF »](#)



[PDF] Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)

Click the web link under to read "Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)" file.

[Read PDF »](#)



[PDF] Daddyteller: How to Be a Hero to Your Kids and Teach Them What s Really by Telling Them One Simple Story at a Time

Click the web link under to read "Daddyteller: How to Be a Hero to Your Kids and Teach Them What s Really by Telling Them One Simple Story at a Time" file.

[Read PDF »](#)



[PDF] A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half

Click the web link under to read "A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half" file.

[Read PDF »](#)



[PDF] Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!

Access the link beneath to download "Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!" PDF document.

[Read eBook »](#)



[PDF] On Becoming Baby Wise, Book Two: Parenting Your Five to Twelve-Month Old Through the Babyhood Transition

Access the link beneath to download "On Becoming Baby Wise, Book Two: Parenting Your Five to Twelve-Month Old Through the Babyhood Transition" PDF document.

[Read eBook »](#)



[PDF] If I Have to Tell You One More Time: the Revolutionary Program That Gets Your Kids to Listen without Nagging, Reminding or Yelling

Access the link beneath to download "If I Have to Tell You One More Time: the Revolutionary Program That Gets Your Kids to Listen without Nagging, Reminding or Yelling" PDF document.

[Read eBook »](#)



[PDF] Baby Friendly San Francisco Bay Area New Parent Survival Guide to Shopping Activities Restaurants and Moreb by Elysa Marco 2005 Paperback

Access the link beneath to download "Baby Friendly San Francisco Bay Area New Parent Survival Guide to Shopping Activities Restaurants and Moreb by Elysa Marco 2005 Paperback" PDF document.

[Read eBook »](#)



[PDF] Here Comes a Chopper to Chop off Your Head

Access the link beneath to download "Here Comes a Chopper to Chop off Your Head" PDF document.

[Read eBook »](#)



[PDF] Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade

Access the link beneath to download "Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade" PDF document.

[Read eBook »](#)