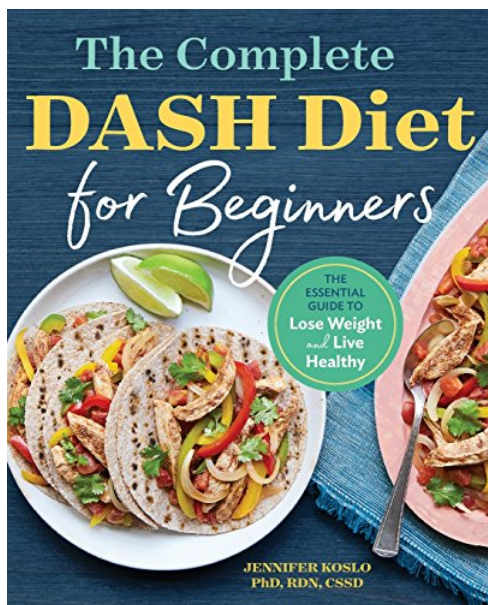


[Download] The Complete DASH Diet for Beginners: The Essential Guide to Lose Weight and Live Healthy



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"The Complete DASH Diet for Beginners is a simple, well-organized, and an easy-to-follow guide. This book can be a beneficial tool for those who are looking to implement a healthier way of living through their diet."?Kristina Morales RD, Clinical Dietitian

The standard American diet is filled with cheap, processed foods that can lead to hypertension and other health problems. The longer you've eaten these foods, the more difficult it can be to swap them out for healthy, whole foods. The Complete DASH Diet for Beginners offers the easiest way of starting?and sticking with?the DASH diet by walking you through every step, ensuring your evolution to better health is as stress-free as possible.

The Complete DASH Diet for Beginners sets you up for long-term weight loss and hypertension recovery by delivering:As the author of numerous successful meal plan cookbooks, such as The Heart Healthy Cookbook for Two and Diabetic Cookbook for Two, Jennifer knows what it takes to help readers improve their heart health and manage other concerning conditions. Now, in The Complete DASH Diet for Beginners, she shows you exactly what you need to do to achieve the results you want?and serves up everything you need to get there on one simple, delicious, heart-healthy platter.

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