



The Dash Diet: The Ultimate Beginners Guide to Lose Weight, Lower Blood Pressure, and Cultivate a Healthy Metabolism

By Jennifer Hayes

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. *****Get The Kindle Version for FREE When You Purchase The Print Version TODAY. Hurry Limited Time Offer***** DASH Diet: The Complete Beginners Guide To Lose Weight, Lower Blood Pressure, and Cultivate A Healthy Metabolism Finally a diet that works and that I can live with. I feel, sleep better, and I m leaning up faster than any other method I ve tried - Sarah Are you frustrated over having to browse through dozens of books only to discover their poor quality and misleading titles? Do you want a simple and sustainable way to lose weight AND lower blood pressure all from a super, simple, easy to read guide? Well, Let Me Introduce The Dash Diet: The Complete Beginners Guide To Lose Weight, Lower Blood Pressure, and Cultivate A Healthy Metabolism. Alright. So you want to lose weight and lower that blood pressure all while barely making any changes to your current lifestyle? My book contains proven steps and strategies that teach you everything you need to know to start living the Dash Diet NOW and bring you closer to...



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