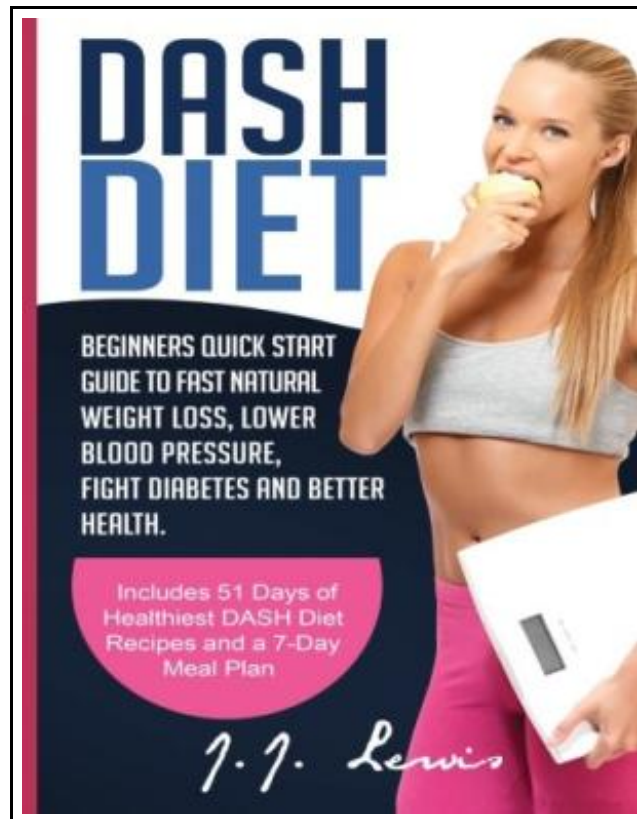


Dash Diet: Beginners Quick Start Guide to Fast Natural Weight Loss, Lower Blood Pressure, Fight Diabetes and Better Health



Filesize: 6 MB

Reviews

This publication is definitely not simple to begin on studying but quite fun to see. It really is full of knowledge and wisdom I am just effortlessly can get a satisfaction of studying a created pdf.
(Alfreda Bradtke)

DASH DIET: BEGINNERS QUICK START GUIDE TO FAST NATURAL WEIGHT LOSS, LOWER BLOOD PRESSURE, FIGHT DIABETES AND BETTER HEALTH



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you have Hypertension or Diabetes? Are you concerned of the long-term effects of maintenance meds? Have you been looking for better alternatives to manage your condition? All you need is to follow JJ Lewis DASH DIET! JJ Lewis is a highly decorated chef and author of several cookbooks. She s published bestselling cookbooks and contributed to countless recipe collections. Her recipes focus on healthy dishes that promotes physical wellness, which includes those beneficial to hypertensive people and diabetics. She s an innovator who loves to try out new combinations of flavors and nutrient mix, while targeting specific physical conditions. She s undergone a lot of training and has attended classes with many of world s best cooks. DASH stands for Dietary Approaches to Stop Hypertension The DASH diet seeks to reduce sodium in your diet and increase your consumption of calcium, magnesium, potassium and fiber by eating a wide selection of whole foods that lower blood pressure. Eating vegetables, fruits, whole grains, fish, lean meats, low-fat dairy, and healthy fats is basically the DASH diet s eating plan. Simply put, you won t be following some alien scripture of foods that you don t understand. You ll just be following a meal routine that has less sodium and less harmful fat. Here s some of the recipes that JJ s book offers: Tomato Basil Bruschetta Mountain Peak Granola Healthy Turkey Meatballs Healthy Stuffed Eggplant Cherry and Marshmallow Mix Roasted Pepper Rolls Shrimp Asian Noodles #1 the best overall diet, the healthiest diet and the best diet for diabetes for four years in a row The U.S News and World Report chose the DASH diet...



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