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DASH DIET A Beginners Guide to Lose Weight, Lower Blood Pressure and Boost Metabolism with Delicious Recipes the Fast and Easy Way A Beginners Guide Series Volume 1

By Sandra Rossi

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The 1 Diet By Medical Experts 3 Years In A Row To Make YOU

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and obesity, lose weight and even reverse or slow down serious

illnesses such as heart disease and osteoporosis. . . Backed By

100 Research and Studies, so YOU can be healthier SOONER

(and easier) Heres What Youll Discover with the DASH DIET: The

Secret Killer Element which can lead to health problems if

consumed excessively. . . The Comprehensive Research which

reveals exactly how and why the diet was created. The

Delicious Foods you can STILL eat (which are both FAST and

EASY to make) Easy Recipes for Breakfast, Lunch, Dinner and

even Dessert! (Included is also a quick start-up 7 day meal

plan) Everything you need to take 100 advantage of ALL the info

inside of this back-to-basics guide. . . What Does This Mean For

You Reduces your blood pressure and lowers your risk of stroke

or heart attacks.



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