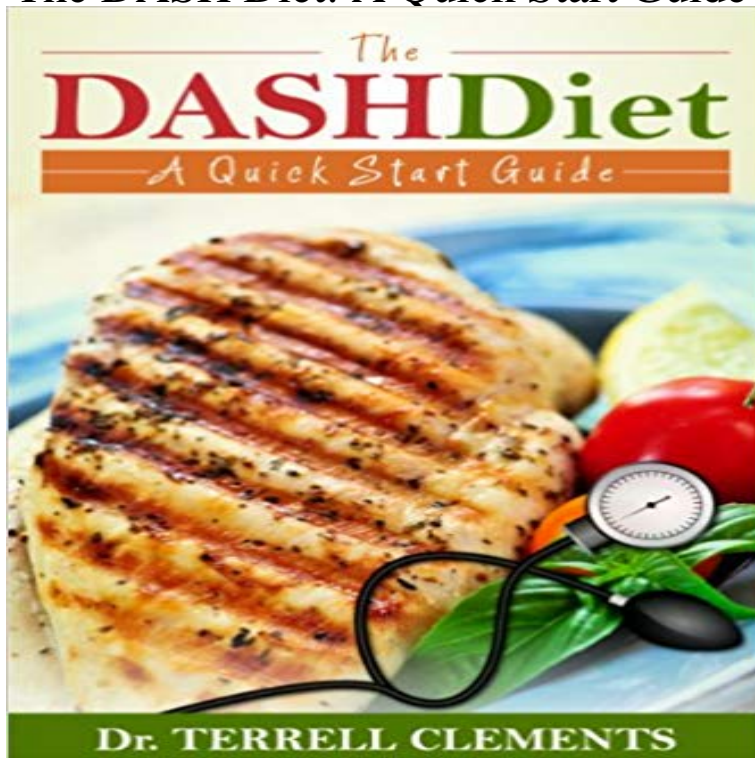


## The DASH Diet: A Quick Start Guide



Hypertension and obesity are among the fatal conditions that affect many people around the globe. These conditions are typically prevalent among the adult population and are often caused by unhealthy eating habits. Individuals who suffer from these conditions are highly susceptible to fatal consequences such as heart attack. The mortality rate of these conditions is continually rising, alarming millions of adults and even teens. However, even if these conditions are extremely common and dangerous, they are also preventable. Eating healthy foods is the best way to combat these conditions. When you eat healthy and avoid foods that are detrimental to your health, you will be less likely to suffer from a variety of medical conditions. In the end, it's more about knowing exactly what to and not to eat. Some people believe that taking medicines and pills is the best treatment for obesity, hypertension, diabetes, and other medical conditions. However, it is not at all true because as the old adage says, an ounce of prevention is always better than cure. The best medicine is actually following a healthy diet that can satisfy your body's needs. The DASH diet is one of the most recognized and trusted solutions to fight hypertension and weight gain. It is a healthy preventive measure against these conditions and is widely recognized as the best diet to resolve hypertension and obesity. There are several reasons why this heart-healthy diet is not just famous among dieters but also to nutrition experts. First, it is not unreasonably restrictive, and it provides the expected results for as long as the dieter consumes nutritious and low-sodium foods. It's also not costly since you are recommended to avoid processed foods, which are a bit expensive, and consume fruits and vegetables that are usually cheap. Learn also the following from this ebook:- What Is the DASH Diet?- The Science Behind the DASH

Diet- Can I Lose Weight on the DASH Diet?- Heart Health Benefits of the DASH Diet- Additional Health Benefits of the DASH Diet- What Foods Are Included in the DASH Diet?- What Foods Should Be Avoided on the DASH Diet?- How Do I Get Started with the DASH Diet?- Mistakes to Avoid When Beginning the DASH Diet- Learning to Customize the DASH Diet for Your Needs This eBook will help you understand what the DASH diet is and how it can help you have a healthier body. You will learn how easy it is to prevent illness and to lose weight by just eating foods with the highest nutritional values.

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