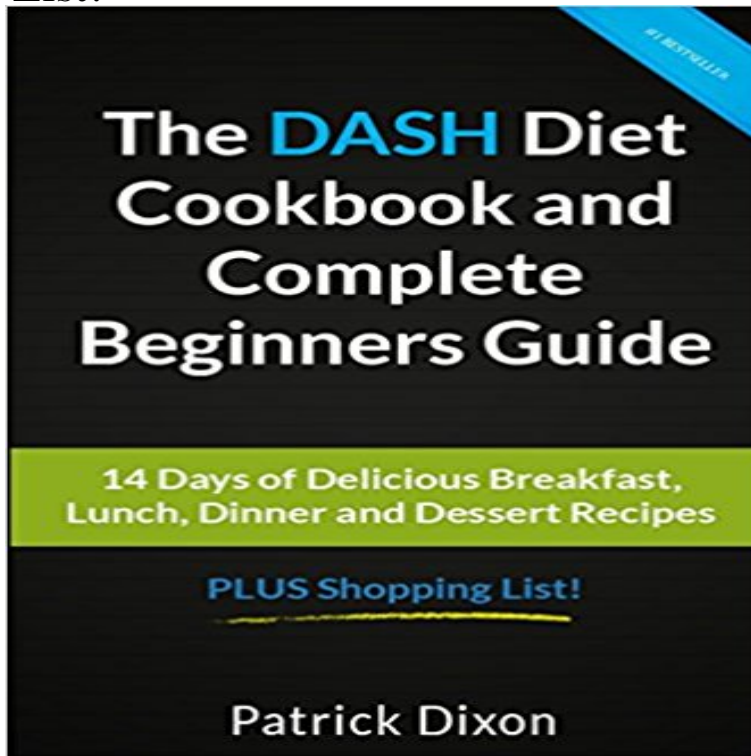


# The DASH Diet Cookbook and Complete Beginners Guide: 14 Days of Delicious Breakfast, Lunch, Dinner and Dessert Recipes PLUS Shopping List!



Is diet a four-letter word for you? Are you tired of constantly depriving yourself of delicious and nutritious foods to get your desired body? Dieting might as well be the bane of your health if it restricts you from the recommended nutrients recommended for your body's optimal function. There is a better way to maintain a fit and svelte figure while giving your body proper nourishment. The DASH diet is one you can always count on, and it's so easy to follow. Not only does it promote heart health, lower blood pressure, and manage diabetes; it's the perfect solution for losing weight the safest way possible. In his book, *The DASH Diet Cookbook and Complete Beginners Guide*, Patrick Dixon talks about the importance and multiple benefits of the DASH diet with respect to hypertension, diabetes, heart disease prevention, and weight loss. While this diet is generally centered on low-sodium foods intended for high blood pressure sufferers, it can benefit just about anyone because, hands down, some of the best diets are those that make the heart healthy and happy. By reading Patrick Dixon's work, you'll be able to: Understand cholesterol, and its role and impact on our bodies. Learn about crucial health conditions that can increase risks of cardiovascular disease.

Know what comprises a lifestyle that supports the heart's well-being. Have a strong grasp of the risks of abnormal blood pressure. Find strategic methods for managing your weight. Learn how to use the DASH diet to add years to your life and live a full, happy life. Know how to avoid the bad things we introduce to our bodies. Get the specifics about the DASH diet to be able to receive superior nutrition during every mealtime. Patrick Dixon is a health researcher with years of experience examining different diets and exploring foods. His book will help you stay fit without ruining your life. Dieting has received negative connotations, and there

seems to be a new diet marketed every single day. The DASH diet, however, is something you'll return to again and again. Make the right choice today. Get a copy of The DASH Diet Cookbook and Complete Beginners Guide.

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