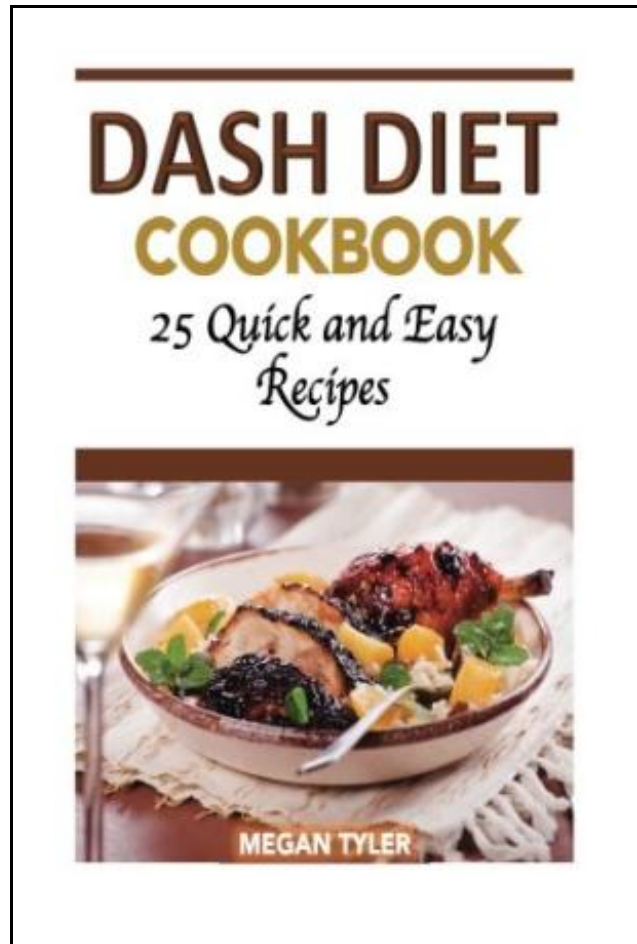


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 228 x 154 mm. Language: English . Brand New Book ***** Print on Demand *****.The DASH diet has affected many lives. For many years, it was ranked as one of the best diets by the U.S News and World Report. The reason for this is that, unlike other diets, DASH is not a fad. Instead, it encourages followers to eat more plant-based foods and heart-healthy vegetable fats. Adding nonfat dairy, protein and low-fat is also a key to a successful way to achieve healthy cardiovascular system. This DASH DIET guide is designed to make your DASH lifestyle as simple and as appetizing as possible. The dishes we have presented here are easy to make. In that way, you are more likely to make it a part of your regular routine. In other words, you will discard the idea of it being a diet as it will become a way of life, as natural as eating. DASH or Dietary Approaches to Stop Hypertension was developed as part of a study. The researchers took the best elements of those vegetarian diets that are known to regulate blood pressure. From there, they designed a plan that was as flexible as possible to appeal to the majority of Americans. The result is the DASH diet, which is considered as the healthiest diet plan for all omnivores. The DASH diet is so effective that many doctors recommend it as a first-line medication for those who are suffering from hypertension. When it is followed for long periods of time, this eating pattern can lower other disease, besides cardiovascular conditions. You can get several health benefits from a DASH plan. In this guide, you can use the recipes in many ways to make your everyday cooking...



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