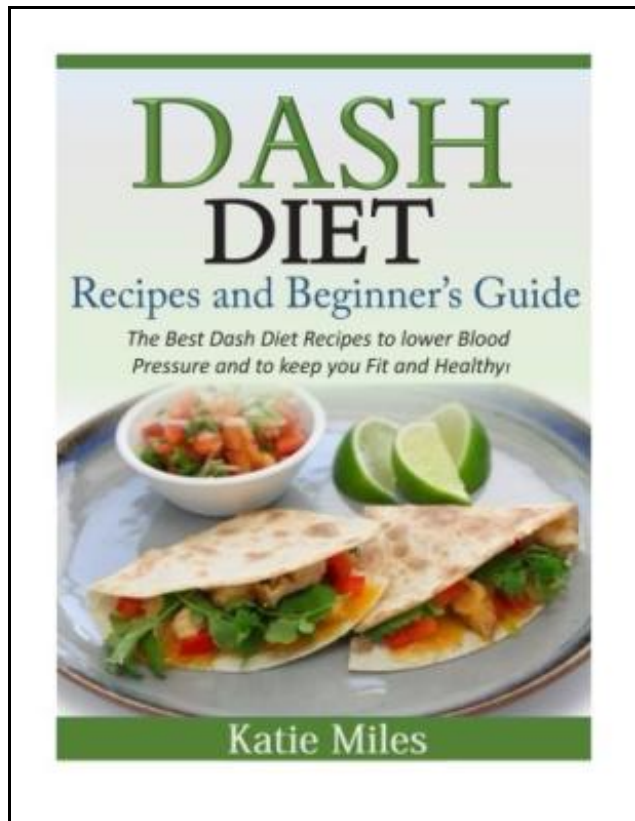


Dash Diet Recipes and Beginner's Guide: The Best Dash Diet Recipes to Lower Blood Pressure and to Keep You Fit and Healthy!



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Reviews

It is one of my favorite publications. Indeed, it can be playful, nonetheless an interesting and amazing literature. I discovered this publication from my mom and dad suggested this publication to understand.
(Camryn Williamson)

DASH DIET RECIPES AND BEGINNER'S GUIDE: THE BEST DASH DIET RECIPES TO LOWER BLOOD PRESSURE AND TO KEEP YOU FIT AND HEALTHY!



Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Dash Diet: Recipes and Beginner's Guide: The Best Dash Diet Recipes to lower Blood Pressure and to keep you Fit and Healthy! These days, it is so important that you become conscious about your health and that you do everything you can to make sure that you just don't succumb to any illness-especially to the threat of heart ailments and strokes that claim the lives of many every day. In fact, around 600,000 people die from heart diseases each year and that's why it's essential for you to protect yourself. The question is how? Well, good news! With DASH Diet Recipes and Beginner's Guide: The Best DASH Diet Recipes to Lower Blood Pressure and keep you fit and healthy! you'll get to understand why DASH Diet, a diet regimen developed by the US National Institute of Health is actually good for you and why it's said to lower blood pressure and help you lose weight. Aside from lowering blood pressure, you'll realize that the DASH diet can protect you against other diseases, too. Not only will you learn about the basics of DASH Diet, you'll also be treated to a bevy of recipes that you can try to help you become more acquainted with the diet. Some of these recipes are: Cheesy Mini Egg Omelets with Broccoli The Very Best Granola Jolly Veggie Wraps Healthy Tuna Melt Pita Pizza Surprise Avocado and Orange Chicken Fishy Breezy Tacos Grilled Chicken with Honey and Almonds Nacho Potatoes Mini Zucchini Pizza Spiced Yogurt Pumpkin Pie Mix Frozen Yogurt and Strawberry Squares Awesome Carrot Cookies Fantastic Figs and so much...



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