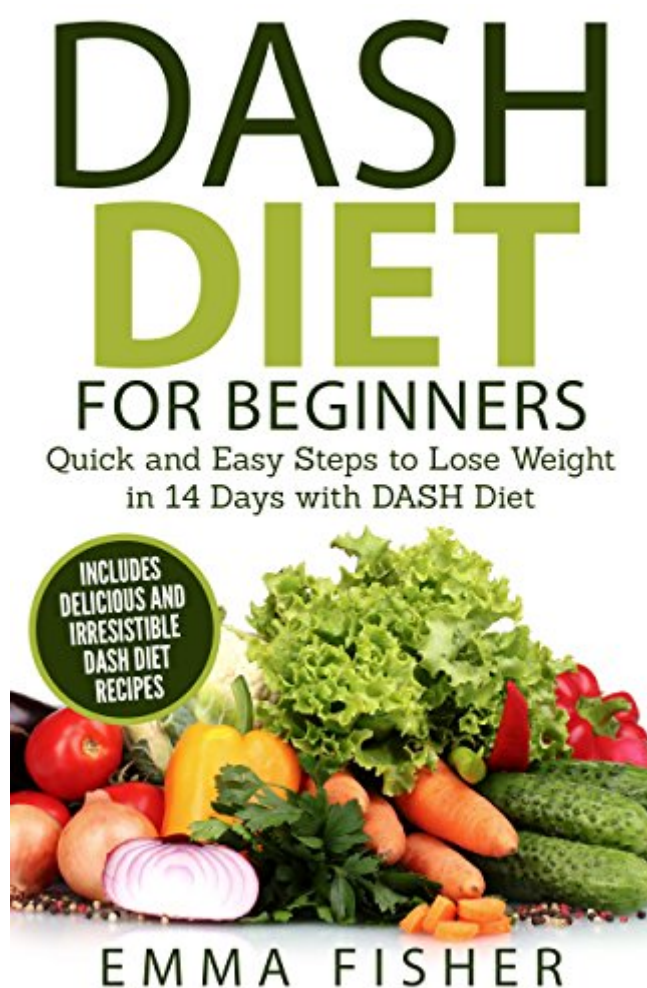


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# **DASH Diet: The DASH Diet For Beginners: Quick And Easy Steps To Lose Weight In 14 Days With DASH Diet (Low Fat, Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets)**





## Synopsis

Emma S. Fisher has found the secret to today's most popular and most successful diets. Fisher addresses the main issues that most beginners face when attempting to diet, such as the inability to starve oneself, or the lack of knowledge about a diet -will cause failure to become healthy and lose weight. Fisher introduces a revolutionary diet that was formulated by various health experts in the US - the Dietary Approach to Stop Hypertension, or what is commonly known as DASH Diet. This meal plan is endorsed by many health institutions and is recognized as the "Best Diet" by the US News & World Report for five years in a row. DASH Diet aims to address health problems related to poor diet and obesity such as high blood pressure, diabetes, and more. Contrary to many fad diets today, this diet will encourage you to still eat healthy and delicious meals and still help you lose weight; even if you're just 14 days in the diet! This book will continue to describe DASH Diet, including the categories below: What DASH Diet is all about How can DASH Diet help you lose weight in 14 days Foods that are included in the DASH Diet menu Proper food portions in the DASH Diet The Dos and Don'ts of the DASH Diet Delicious and irresistible DASH Diet recipes for breakfast, lunch and dinner Let this book be your guide as you begin living and eating healthy!

## Book Information

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## Customer Reviews

Most honest diet book I have ever read, it goes right to the point as every book should go to, it doesn't have all that mumble jumble about vitamins, vegetables, and all that. No, the author encourages you to eat healthy and this book contains a lot of recipes about how to cook some special meals but with fewer ingredients so you don't have to buy a lot of things, it keeps it simple and still works. I highly recommend the section of [DASH Diet Recipes](#) and [DASH Diet Recipes](#) as there is a lot of helpful information about what you can eat in a daily basis according to your routine so you don't have to overthink about what to make for dinner. This is a really nice book and it should provide a lot of people with recipes to keep (or start) a more healthy life.

This is a great diet for me and my family. I value this information highly since my father has hypertension and I want to help him get well from his sickness. This book is very helpful and has a lot of important recipes that could help reduce hypertension. A very good guidelines in lowering blood pressure without needing any necessary medications. This is what we call, prevention is better than cure. Now, I have understood and learned this diet so I will be able to start practicing it today.

Obesity rate are rising around the world, but in US-we are the sixth highest rate of obesity in the world. Obesity leads to problems such as high blood pressure, diabetes, and more. Contrary to many fad diets today, this DASH diet is a great natural way to treat such problems, it encourages us to still eat healthy and delicious meals and help us lose weight. This book has tons of yummy DASH diet recipes. The recipes are easy to prepare and also mouth-watering and I am looking forward to trying more recipes.

My physician recommended this lifestyle change in my daily diet so that I can stay healthy as I age. My family has a history of heart disease and diabetes, and so far I've not developed these conditions and don't intend to!

I won't go into details regarding the Dash Diet because everybody knows how efficient it is. What I

need to highlight in this review is the fact that Emma S Fisher has done a terrific job in delivering all the necessary information that a beginner would need in order to start with this journey and take it to a successful end. Highly recommended!

### Really A Great Item

Top notch guide for beginners. I am not rally a beginner in which regards the dash diet but I've read this book because I felt that I need to refresh some of my knowledge in which regards this diet. This book really delivers the most important information and it is well written and formatted.

DASH Diet: The DASH Diet for Beginners is a very valuable book. A worthwhile book if you are interested in the DASH diet as a way of keeping your body perfect and for people who wish to lose weight. If you want to trim weight go get this dash diet. I guarantee you that this book is so effective.

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Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) DASH Diet Smoothies: For Low Salt, Low Cholesterol, Weight Loss, and Diabetes Diets (DASH Diet Cookbook Book 1) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) Cholesterol: The Ultimate Cholesterol Solution: Lower Your Cholesterol Naturally In Less Than 4 Weeks (Cholesterol Diet, Cholesterol Recipes, Cholesterol Down, Meals Plan) DASH Diet (2nd Edition): The DASH Diet for Beginners - DASH Diet Quick Start Guide with 35 FAT-BLASTING Tips + 21 Quick & Tasty Recipes That Will Lower YOUR Blood Pressure! Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes, Diabetes Meal Plan) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) [DASH Diet Book 2] THE DASH DIET WEIGHT LOSS SOLUTION 2017: Balance Blood Pressure; Reduce the Risk of Diabetes, Be Healthy. (60 DASH Diet Recipes Under 30 Minutes) THE DASH DIET WEIGHT LOSS SOLUTION 2017: Balance Blood Pressure; Reduce the Risk of Diabetes, Be Healthy. [DASH Diet Book 2] (60 DASH Diet Recipes Under 30 Minutes)

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