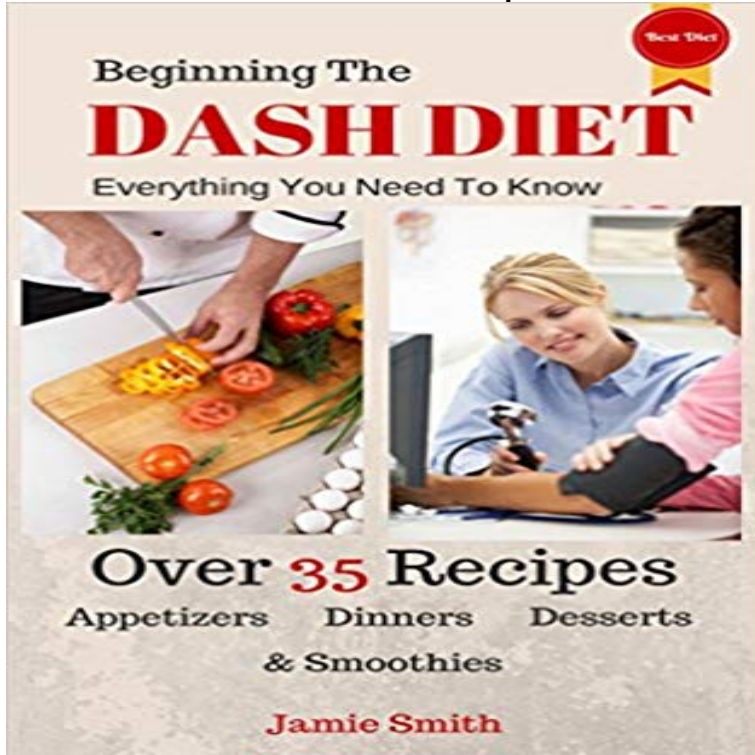


# Beginning The Dash Diet: Everything You Need To Know About The Dash Diet With 35+ Recipes from Dinners To Smoothies



Unlike other diets out there today, the DASH diet which stands for Dietary Approaches to Stop Hypertension, was developed from a ground-breaking study founded by the National Institutes of Health. The DASH diet teaches you how to control your blood pressure naturally through dietary changes. Why is this book going to help you with your success? As a one-stop resource for better health, you'll find everything you need to know about the DASH diet in this book. Browse through over 35 recipes contained in the book as well as real-life strategies and tips on how to make DASH fit into your real life. This book is the ultimate combination starter pack for improved health. You may be wondering what makes this book unique from others on the market today. First, you'll find a huge variety of recipes from appetizers and dinners to favorite desserts. With this resource on-hand, you'll find that it's much easier to stick to the diet. Instead of trying to figure out if you're following the recommended dietary plan, you can use these easy recipes to keep yourself sticking to your goals.

**Teaching Tool** When you're on the DASH diet, then you probably want to tell family and friends all about your success. You may also have people in your life who also struggle with high blood pressure. While it may be difficult for you to explain the DASH diet, with this book, you don't have to anymore! Get copies for your friends and family and let them read through themselves. They'll see the benefits of this diet and understand why it's so effective and beneficial. Even if your friends and family don't have high blood pressure, you can still use this book as a teaching tool for a healthy diet.

**Variety of Recipes** The recipes contained in this book are varied, but they have one thing in common. They're full of flavor! Rich in vegetables, fruits, whole grains, lean meats, low-fat dairy, and nuts, you'll be sure to find dishes that you'll enjoy. You probably

wont even feel like youre on a diet! The recipes are simple to follow and you can pull them out to make a quick dinner on a moments notice. You can also modify the recipes in this book to make your own versions, as long as you follow the DASH diet principles!

**Multiple Benefits** While youre going to benefit from the blood-pressure lowering effects of the DASH diet by following this book and its advice, youll probably see other benefits as well. The Mayo Clinic recommended the DASH diet for a huge variety of benefits. You can lower blood pressure, reduce your risk of heart disease and stroke, and even reduce your chances of developing certain types of cancer. Theres literally no other evidence-based diet available today that can offer the same benefits. Another benefit that you may have with this book is the ability to achieve and maintain a healthy weight. Although the DASH diet was not created as a weight-loss diet, its very easy to lose weight by following the diet plan and either increasing your exercise or cutting out on some of the sweets allowed every week.

**Back to Cooking** Do you enjoy cooking your own meals? Well, if youre ready to get back to home-prepared meals, then you can easily get started with this book! Most of the recipes are easy to make, even if youre not an experienced cook. You can even make the recipes ahead of time for a quick meal as needed. The recipes contain fresh foods which are full of flavor. They also emphasize cooking with herbs and spices instead of salt, so youll be helping your taste buds to truly enjoy real flavors and textures in foods that youve made.

**Practical for the Family** Have you ever gone on a diet and had to make separate meals for yourself and your family? This diet book takes you away from that by providing recipes that your entire family will enjoy! Take advantage of the recipes in this book and try them out with your family. Get your copy for .99 cents (Limited time)

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