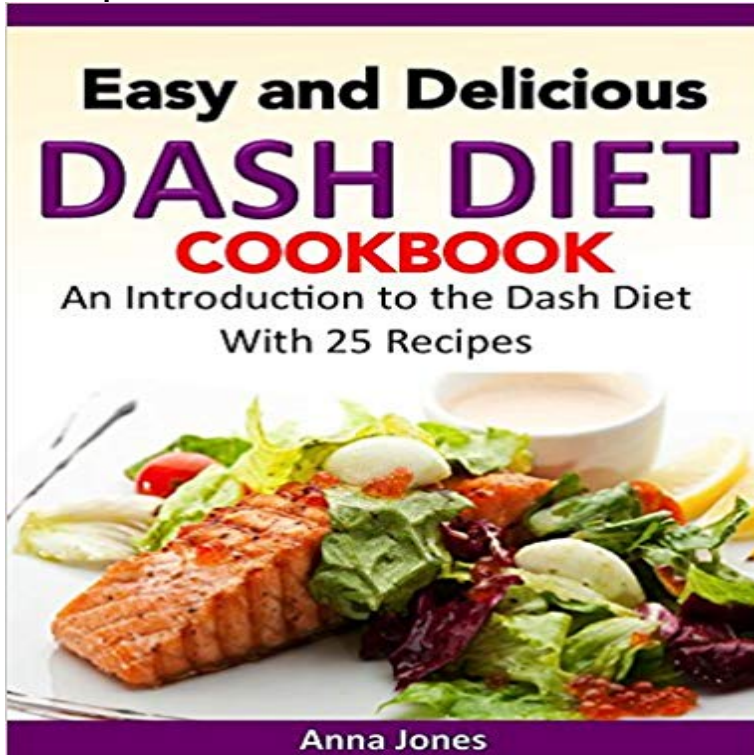


A Quick Guide to the DASH Diet: Including 25 Easy and Delicious Recipes



Many people suffer from high blood pressure. You may be at risk or you may already be suffering from it, but it is one of the most serious health problems that can lead to heart disease, heart attack, and stroke. This diet was created especially for individuals with hypertension. This book can help you start the DASH Diet. In this book you will receive the following: An quick introduction to the DASH Diet A list of foods to eat and avoid while on the diet A collection of the most delicious DASH recipes If you are ready to change your life for the better, then simply choose a recipe and start cooking your amazing, delicious meals.

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