



Dash Diet: The DASH Diet! - Rapid 4 Week Complete Beginners Diet Plan To Lose Weight Fast, Lower Blood Pressure, And Boost Healthy Metabolism! (Low Carb, ... Sugar Solution, Paleo Diet, Clean Eating)

Chris Smith

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DASH DIET FOR COMPLETE BEGINNERS!

This "Dash Diet" book contains proven steps and strategies on how to stop or prevent high blood pressure, reduce weight, improve your metabolism and gain more energy in the process.

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You will discover why Dash is the best overall diet plan voted by health experts consisting of nutritionists, cardiologists, weight loss specialists, dieticians, diabetes specialists and other health professionals.

Here Is A Preview Of What You'll Learn...

- What Is The Dash Diet? Your Top 3 Questions Answered!
- Why The Dash Diet Over All Others - What Makes Dash Different
- How To Lower Blood Pressure On The Dash Diet The Right Way
- 4 Expert Tips For Lowering Sodium Intake
- Why You Are Better Off Losing Weight On The Dash Diet
- Increasing Metabolism And Energy Using Dash
- Know The Foods To Avoid On A Dash Diet
- Create Your 4-Week Beginner's Diet Plan Outline
- Savor These 10 Simple Dash Diet Meals
- Follow These Tips For Staying On Track With Dash Diet
- Much, Much More!

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