



DASH Diet For Beginners: 40 Delicious Recipes And 8 Weeks Of Diet Plans (DASH Diet Cookbook) (Volume 1)

Martin Rowland

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Transform your health with the definitive beginners guide to the DASH Diet!

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In 2010, the National Heart, Lung, and Blood Institute (NHLBI) sponsored two studies, titled DASH and DASH-Sodium. DASH stands for Dietary Approaches to Stop Hypertension, and the idea behind the studies was simple: find out if changes in diet can lead to a reduction in blood pressure.

The studies were conducted by dividing participants into three groups. For the DASH study, members of one group ate a standard North American diet, another was placed on a similar diet with more vegetables and fruit, and one group was placed on the DASH diet. The results were fantastic. Participants in the DASH group showed a significant lowering of blood pressure and an improvement in overall health.

The DASH-Sodium diet was conducted in a similar fashion. All of the groups were placed on the DASH diet, but the levels of sodium they ate varied. One group consumed the standard amount of sodium for most people, 3,300mg per day. Another consumed 2,300mg per day, and the last group had 1,500mg per day. The difference between the groups was pronounced; they all experienced an improvement in blood pressure, but the improvement was greater for those who had consumed the least salt.

Obviously, these studies were great news for the NHLBI. The diet has become big news since then, winning awards from the US News and World Report five years in a row.

Here is exactly what you will find whilst reading this book

- A history of the DASH diet
- An detailed guide to understanding blood pressure
- The immense health benefits of the diet
- A breakdown of the key food groups in the DASH diet
- The purpose of the DASH diet
- 15 handy tips for successfully starting a DASH diet
- A shopping guide to help make the transition
- A guide to eating out on the DASH diet
- 2, month long diet plans! Eight weeks of diet plans!
- 10 energising breakfast recipes
- 10 easy to knock-up recipes for lunchtime
- 10 delicious dinnertime recipes
- 10 recipes for exciting new snacks, desserts and dips
- A whole lot more!

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Gregory Howard:

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Debra Brunette:

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Richard King:

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