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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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Synopsis

The #1 Best Selling Book on KindleDownloaded by over 9,000 people...Dash Diet has become the number one long-lasting approach especially for those who want to live healthier, and avoid problems such as high blood pressure, diabetes, and some forms of cancer. DASH, an acronym of Dietary Approach to Stop Hypertension, is a special diet designed to help individuals prevent and control high blood pressure. The main approach in Dash Diet is to reduce the amount of sodium mineral levels in the diet. In place of this, you need to consume diets rich in nutrients such as vitamins and essential minerals such as potassium, magnesium and calcium.By using this recipe book as a guide, you will be able to use Dash diet to reduce your high blood pressure by significant points within the first few days. Over a period of 2-4 weeks, you can reduce your systolic blood pressure by as much as 8 to 14 points Ã¢â ¬â œ a situation that can cause a significant positive improvement in your health status. Other things you can learn from this book include:Healthy Dash diet recipes that can reduce your risks of developing other diseases such as Osteoporosis, heart diseases, stroke, and diabetes.Healthy Dash diet recipes that can help cut down your weight, and help you sustain the weight loss for a long period of time.Alternatives to high sodium foods, for reducing blood pressure steadily over a period of time.Systematic planning of meals without starving yourself.60 recipes that can be prepared easily and quickly under 30 minutes: Breakfast, lunch and dinner (under 30 Minutes).And much more!Now, "60 DASH Diet Recipes Under 30 Minutes" gets you started on the DASH Diet right away, without spending hours in the kitchen or reading "theories".Would you like to know more?Download and start moving towards your goals.Let’s Get! Scroll Back Up and Grab Your Copy Today!Click the Ã¢â ¬Å“Buy now with 1-ClickÃ¢â ¬Â• button at the top right of the screen or "Read FREE with Kindle Unlimited" now!Then, you can immediately begin reading " THE DASH DIET WEIGHT LOSS SOLUTION 2017 Ã¢â ¬â œ Book 2" on your Kindle Device, Computer, Tablet or Smartphone.DASH diet, DASH diet recipes, DASH diet action plan, DASH diet weight loss solution, DASH diet to lower blood pressure, Balancing Blood, DASH diet book, DASH diet cookbook, DASH diet, DASH Diet 2017

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Customer Reviews

Cooking healthier couldnÃƒÂ¢Ã â ¬Ã â„¢t get any easier.If you are food lover like myself and still need to maintain your BP in check, do read ÃƒÂ¢Ã â ¬Ã Å“Dash Diet Under 30 minutesÃƒÂ¢Ã â ¬Ã Â•.I am in love with itthank you author give me nice book

60 recipes - which means meals for 2 months for me (I normally cook my own dinner at home)!The recipes really helps me a lot as I always need to crack my head to think of what to prepare. For a busy working adult like me, what else can I say when I can prepare my own meal in 30 minutes or less. Time is so precious to me. Also, I need eat healthy, so it’s plus for this book.The only suggestion I have is the alternatives to the ingrediants used. I see some ingrediants are not easy to find outside. So if the writer can suggest alternative ingredients that would be great.

As someone who is busy working most of the time, a simple and fast meal usually means a salad, which doesnt always satisfy. Sometimes i want a more savoury and satisfying dish. And the recipes in the book are great- it provides a good mix of very sumptuous dishes and light healthy ones. Perfect for me.

Loved this book! I often look or healthy food to supplement my workout. This book presented dash diet recipes which are easy to prepare and dosnt require extravagant ingredients! It also stipulated the nutritious values in each diet, giving assurance on the benefits of the food!

This book helps to explain the Dash diet clearly. I was looking for a diet that can combat high cholesterol and this book does it. I am glad that I bought this book. Now I can enjoy good food without feeling guilty. Looking forward to more Dash diet recipe from Rita.

This is an interesting Dash Diet book and all diet recipes are easy to follow too, I like your Recipies#27 The Homemade Blueberries Waffles very much and I am ever to enjoy delicious homemade Blueberries Waffles now ÃƒÂ¢Ã â ¬Ã Â|.

I like DASH diet recipes. They are nice and common sense foods.

I found some of the recipes had ingredients listed in the directions, but not in the listed ingredients, i.e, applesauce in granola's direction, but not listed in the ingredients. Additionally, not told how much to use. There were several other recipes like that. I looked in the book to see if I could email the author, no information. I would have perferred to purchase a better written recipe book with better directions.

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DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) 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) 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) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) 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] Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1) Dash Diet: Dash Diet for Vegetarians: 60 Healthy Vegetarian Recipes to reduce Blood Pressure Naturally (DASH Diet Cookbooks) Blood Pressure: High Blood Pressure, Its Causes, Symptoms & Treatments for a long, healthy life.: Plus 9 Free Books Inside. (Blood Pressure, High Blood ... Hypertension, Blood Pressure Solutions.) 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) Blood Pressure: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood Pressure and Reducing Hypertension (Blood Pressure Series Book 1) DASH Diet: Proven Steps To Rapid Weight Loss, Lower Blood Pressure, Lower Cholesterol And Prevent Heart Disease (DASH Diet for beginners, Weight Loss, Boost Metabolism, Healthy) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes)

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