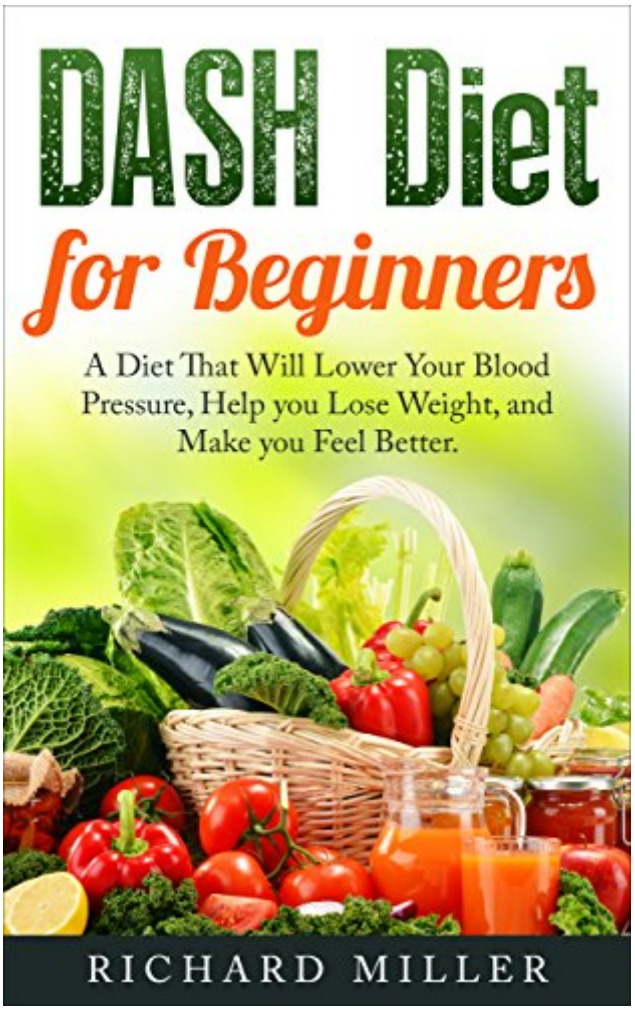
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DASH Diet For Beginners: A Diet That Will Lower Your Blood Pressure, Help You Lose Weight, And Make You Feel Better



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Synopsis

DASH Diet for Beginners: A Diet That Will Lower Your Blood Pressure, Help You Lose Weight, and Make You Feel BetterAs a result of unhealthy dietary habits, lack of sufficient physical activity and a stress filled environment, most of us have become prey to two deadly disorders Ã¢â ¬â œ hypertension and obesity. And it doesnÃ¢â ¬â„¢t stop there! Obesity and hypertension increase your risk factors for several disorders such as diabetes, cardiac disorders etc. To tackle these, we either end up following multiple diets, without any results or consume medicines on a daily basis. Consumption of drugs regularly is not good for our health in the long run.Ã Â What if I told you that you would be able to tackle your hypertension and lose weight at the same time, with the help of a single diet? Say hello to the DASH diet, which is specifically designed to address these issues. If you havenÃ¢â ¬â„¢t come across this diet before, worry not! This book will equip you with all the necessary information on this diet.The first chapter will give you an overview of the diet, such as what it entails, who can follow it, etc. The second, third and fourth chapters deal with some exciting recipes for you to try.Ã Â Here is a preview of what you will learnThe DASH Diet Ã¢â ¬â œ An OverviewWhat is the DASH Diet?Ã Â Who should follow this diet?Ã Â What forms part of this diet?Ã Â What are the principles of this diet?How does the dash diet help you lose weight?What are some of the benefits of following this diet?Breakfast RecipesMain Course RecipesDesert RecipesTry this recipe for yourself:Veggie Quiche MuffinsIngredients:2 cups of finely chopped green onions1 Ã Â cups of low fat cheddar cheese, finely shredded2 cups of broccoli, chopped finely4 cups of non-fat or 1% milk2 cups of tomatoes, diced finely1 teaspoon of pepper1 teaspoon of salt2 cups of baking mix8 eggs2 teaspoons of Italian seasoningInstructions:Preheat the oven to 375 degrees F.Grease 24 muffin cups using cooking spray.Arrange the broccoli, onions, tomatoes and cheese in the muffin cups neatly and set aside.Now, take a large bowl and add the milk, eggs, pepper, salt, baking mix and Italian seasoning to it. Mix well. Ensure that the egg mixture is of a smooth consistency.Transfer the egg mixture to the muffin cups.Place the muffin cups in the oven and let it bake for around 4o minutes. Let the muffins cook in the oven until they turn golden in color. Insert a toothpick i

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Customer Reviews

This little book has some good ideas and a nice, confused overnight if what the Dash Diet entails, however...While the recipes are interesting and look fairly simple to make they really need nutritional information. At the very least they should state how many servings each recipe makes.I am going to try some of these recipes but I will have to run them through a recipe analyzer first.

This is definitely a great book for those of us new to the DASH diet. Knowing how prevalent hypertension is in our culture, I was very interested when I saw this was a book for someone new to the conversation. I’m so glad I bought it. I love the dozens of recipes which makes the process of going DASH so simple.A fast read and some very tasty recipes.

This book will furnish you with all the fundamental data on this diet.The first part will give you an outline of the eating regimen, for example, what it involves, who can tail it, and so on. The second, third and fourth parts manage some energizing formulas for you to attempt. I believe that you will discover this book intriguing and valuable.

She suffers from hypertension and the diet is always an issue for her. I love how many recipes come in the book and I also love the information part. It has really helped us both.

I’ve been struggling with my weight for years and this book has been a great tool for me! Tried all

the diets out there but this one has been helpful for me.

I recently gained a lot of weight, so I decided to get this book. Well instructed on how to lose weight with a nice diet plan. Great!!

I didn’t really know what the Dash diet wast before ready this book. Concise straight to the point and packed with useful recipes. Would recommend this for anyone wanting to learn a healthier eating habits!

I loved this book, It gave me a great plan I feel good about!

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cookbook,blood type ab,blood type book) 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) The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without drugs, ... and Stay healthy for life! (EverythingÃ Â®) DASH Diet (2nd Edition): The DASH Diet for Beginners - DASH Diet Quick Start Guide with 35 FAT-BLASTING Tips + 21 Quick & Tasty Recipes That Will Lower YOUR Blood Pressure! Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating) [DASH Diet Book 2] THE DASH DIET WEIGHT LOSS SOLUTION 2017: Balance Blood Pressure; Reduce the Risk of Diabetes, Be Healthy. (60 DASH Diet Recipes Under 30 Minutes) 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) Blood Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series Book 2) High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High Bl)

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