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DASH Diet Plan: Your Guide To Lowering High Blood Pressure (2nd Edition)



Synopsis

DASH Diet Plan: Your Guide to Lowering High Blood Pressure (2nd Edition) is already fixed the printed plan issue and all new tables and plans are changed for easy reading. Introduction; Research has found that diet affects the development of high blood pressure, or hypertension (the medical term). Recently, two studies showed that following a particular eating planâ ”called the DASH dietâ ”and reducing the amount of sodium consumed lowers blood pressure. While each step alone lowers blood pressure, the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure.

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