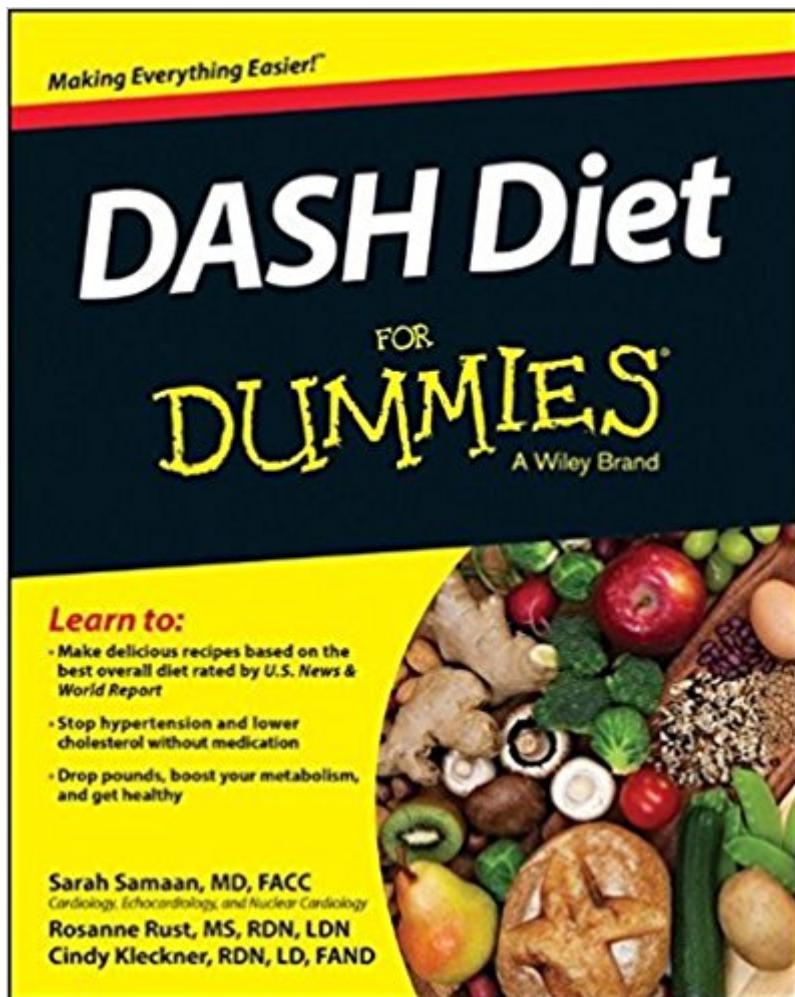


The book was found

DASH Diet For Dummies



Synopsis

Lower your blood pressure in just two weeks with the #1 rated diet When high blood pressure becomes chronic, it's called hypertensionâ "a condition that affects 970 million people worldwide, and is classified by the World Health Organization as a leading cause of premature death. While medications can help, nothing beats dietary and lifestyle modifications in the fight against high blood pressure, and the DASH diet is a powerful tool in your arsenal. Focusing on lowering sodium intake and increasing fiber, vitamins, and minerals can help lower your blood pressure in as little as two weeks. It's no wonder that the DASH Diet is ranked as the number 1 diet for three years in a row and is endorsed by the American Heart Association, The National Heart, Blood, and Lung Institute, and The Mayo Clinic. DASH Diet for Dummies is your ultimate guide to taking control of your body once and for all. Originally conceived to alleviate hypertension, the DASH Diet has been proven effective against a number of conditions including Type 2 diabetes, metabolic syndrome, PCOS, weight loss, and more. DASH Diet for Dummies contains all the information you need to put the diet into practice, including: Over 40 DASH-approved recipes, including meals, snacks, and desserts 100+ DASH-approved foods, including meats, seafood, sweets, and more Tips for navigating the grocery store and choosing healthier fare A 14-day Menu Planner to help you get started today The DASH Diet is built upon the principles of healthy eating and getting the most nutritional bang for your buck. Doctors even recommend DASH to their healthy patients as an easy, stress-free way to adopt the food habits that will serve them for life. DASH Diet for Dummies is your roadmap on the journey to good health, so get ready to start feeling better every day.

Book Information

Series: For Dummies

Paperback: 360 pages

Publisher: For Dummies; 1 edition (September 2, 2014)

Language: English

ISBN-10: 1118880846

ISBN-13: 978-1118880845

Product Dimensions: 7.5 x 0.9 x 9.3 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 32 customer reviews

Best Sellers Rank: #114,330 in Books (See Top 100 in Books) #12 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure #232 inÂ Books > Health, Fitness

Customer Reviews

Learn to: Make delicious recipes based on the best overall diet rated by U.S. News & World Report Stop hypertension and lower cholesterol without medication Drop pounds, boost your metabolism, and get healthy The easy way to lower your blood pressure in just two weeks Want to take charge of your health? Youâ™ve come to the right place. Originally conceived to alleviate hypertension, the DASH Diet has been proven to lower blood pressure and cholesterol levels, and improve overall cardiovascular health. DASH Diet For Dummies contains everything you need to put this #1-rated diet into practice today. Take heart â“ find out how cholesterol affects the arteries and learn how DASH helps lower your risk of heart disease and stroke DASH your way to better health â“ figure out if the DASH Diet is a good fit for you, establish new lifestyle routines, set and track dietary goals, and prepare for obstacles Weigh your options â“ get to know some of the health problems associated with being overweight, determine your BMI, and use DASH to reach a healthy weight The DASH difference â“ trace the history of DASH, grasp how it was developed, and understand why itâ™s more than just another trendy diet The more you know â“ discover the relationship between DASH and sodium intake, look at other diets similar to DASH, and get to know the positive effects of DASH Open the book and find: What sets the DASH Diet apart from others How to boost your health and keep your taste buds happy The correct amount of sodium you should consume daily Serving guidelines for each component of DASH Proven ways to lessen the risk of heart disease and stroke How the DASH Diet can help you lose weight Five tasty salt-free flavor enhancers

Sarah Samaan, MD, FACC, is a Physician Partner at the Baylor Heart Hospital and was named as a "Texas Super Doctor" by Texas Monthly for the past eight years. Rosanne Rust, MS, RDN, LDN, specializes in nutrition communications and is the co-author of Calorie Counter Journal For Dummies and Glycemic Index Cookbook For Dummies. Cindy Kleckner, RDN, LD, FAND, works for the Cooper Aerobics Center specializing in weight management, cardiovascular health, corporate wellness, and nutritional culinary events.

This book is laid out very well. One can either read it from front-to-back, or bounce around from subject-to-subject (entries are easily formatted -- fairly large print paragraphs and very large print

subject headings). Clear, concise, easy to understand. Great book! FYI -- The DASH Diet has helped me lower/stabilize my BP already. It has also helped in some unexpected ways -- more energy, clearer skin (that was a pleasant surprise) and slow/steady weight loss. This book and this eating plan may not be for everyone. But DASH is rated # 1 overall eating plan by American Heart Assoc and Lung Assoc. The book makes it easier to clarify, simplify, and make getting healthy easier for many.

Totally takes the guess work out of the DASH diet and for people needing to lower sodium intake. Recipes are in the back which are helpful. A very easy to read book and easy to reference

Dash was the most highly rated diet in the most recent survey by dietitians and nutritionists. The book does a good job of covering all the essentials without trying to sell more books.

Refer to the book along with other Dash diet books. Very pleased

Very detailed explanation on how and why the DASH Diet works. Compared to other diet books I've read, this one is on the top of my list.

I found the book very helpful.

Fairly easy to understand. Would like to have more recipes for one person, and shopping lists the same.

The DASH way of eating is great! I combine Mediterranean and the DASH lifestyles along with nutritional sciences to help clients stay heart healthy, control diabetes or reverse it, and help with cholesterol. I enjoy this book very much. I like that it's not restrictive but shows how to eat better for better health.

[Download to continue reading...](#)

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) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Dash Diet for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood

Press w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes) DASH Diet: Dash Diet Recipes for Weight Loss, Lower Blood Pressure and Cholesterol Beginners Cookbook (DASH Diet, Lower Blood Pressure, DASH Diet Recipes) Dash Diet: 365 Days of Low Salt, Dash Diet Recipes For Lower Cholesterol, Lower Blood Pressure and Fat Loss Without Medication (Dash Diet Recipes, Weight ... Diabetes, Low Sodium, Dash Diet Cookbook) [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) DASH Diet: Dash Diet Made Easy - Lose Weight Now and Lower Blood Pressure Painlessly (Dash Diet Cookbook) Dash Diet: Dash Diet Cookbook for Weight Loss: Includes Easy to Cook Dash Diet Recipes for Healthy Living! DASH Diet: The Ultimate DASH Diet Guide to Lose Weight, Lower Blood Pressure, and Stop Hypertension Fast: DASH Diet Series, Book 2 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 (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! Dash Diet: Dash Diet for Vegetarians: 60 Healthy Vegetarian Recipes to reduce Blood Pressure Naturally (DASH Diet Cookbooks) Dash Diet for Beginners: 200 No Salt/Low Sodium Recipes For Being Heart Healthy Living Vol. 1: Dash Diet for Beginners: Dash Diet Love 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) DASH Diet: 100 Delicious DASH Recipes Including a DASH Diet Guide for Beginners The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) The Everyday DASH Diet Cookbook: Over 150 Fresh and Delicious Recipes to Speed Weight Loss, Lower Blood Pressure, and Prevent Diabetes (A DASH Diet Book) The DASH Diet - Dietary Approaches to Stop Hypertension - A brilliant diet to stay healthy, lose weight, and beat Diabetes!: The Essential Guide to the ... Type 2 Diabetes, DASH, Hypertension)

[Contact Us](#)

DMCA

Privacy

FAQ & Help