



**[(The DASH Diet for Beginners : Essentials to Get Started)] [By (author) John Chatham] published on (February, 2013)**

*John Chatham*

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Do you know why the DASH diet is voted the "Best Diet" year after year? It's simple: The DASH diet is an easy and sustainable tool for creating a healthful lifestyle. Based on research by the National Institutes of Health, and chosen by U.S. News & World Report as its number-one choice in Best Diets Overall, Best Diets for Healthy Eating, and Best Diabetes Diets, the DASH diet rises above the noise of the gimmicky weight-loss plans. Created as a way for people with high blood pressure to enjoy the foods they love while working to reduce or correct their hypertension, the DASH diet uses healthful food choices, along with more nutritious ways to prepare favorite dishes, to allow people to eat a varied, delicious, and balanced diet. And although it wasn't created as a weight-loss diet, the DASH diet often does result in weight loss, which is a huge benefit to those who have diabetes or high blood pressure, or are at high risk of developing either disease. In *The DASH Diet for Beginners*, best-selling health and nutrition author John Chatham provides a straightforward approach to losing weight, reducing hypertension, and improving overall cardiovascular health. More than just a brief overview of the DASH diet, *The DASH Diet for Beginners* compiles everything you need to know to get started on a healthful new lifestyle. 40 delicious and DASH-approved recipes include low-sodium versions of your favorite foods, from Creamy Spinach Dip and Beef Tostadas to Blackened Salmon Filets and Chocolate Strawberry Mousse. *DASH Diet for Beginners* outlines much more than just the basic essentials to get started; it includes DASH diet guidelines and health benefits, scientific studies, a DASH diet foods list, and a healthy fitness and meal plan. The Seven-Day DASH Diet Meal Plan provides an easy guide to jumpstart your health and weight loss. Lose weight, improve your health, and reduce your risk of heart disease with John Chatham's *The DASH Diet for Beginners*."

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It is possible to spend your free time you just read this book this publication. This [(The DASH Diet for Beginners : Essentials to Get Started)] [By (author) John Chatham] published on (February, 2013) is simple to bring you can read it in the park your car, in the beach, train as well as soon. If you did not have got much space to bring the actual printed book, you can buy typically the e-book. It is make you easier to read it. You can save the particular book in your smart phone. And so there are a lot of benefits that you will get when one buys this book.

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