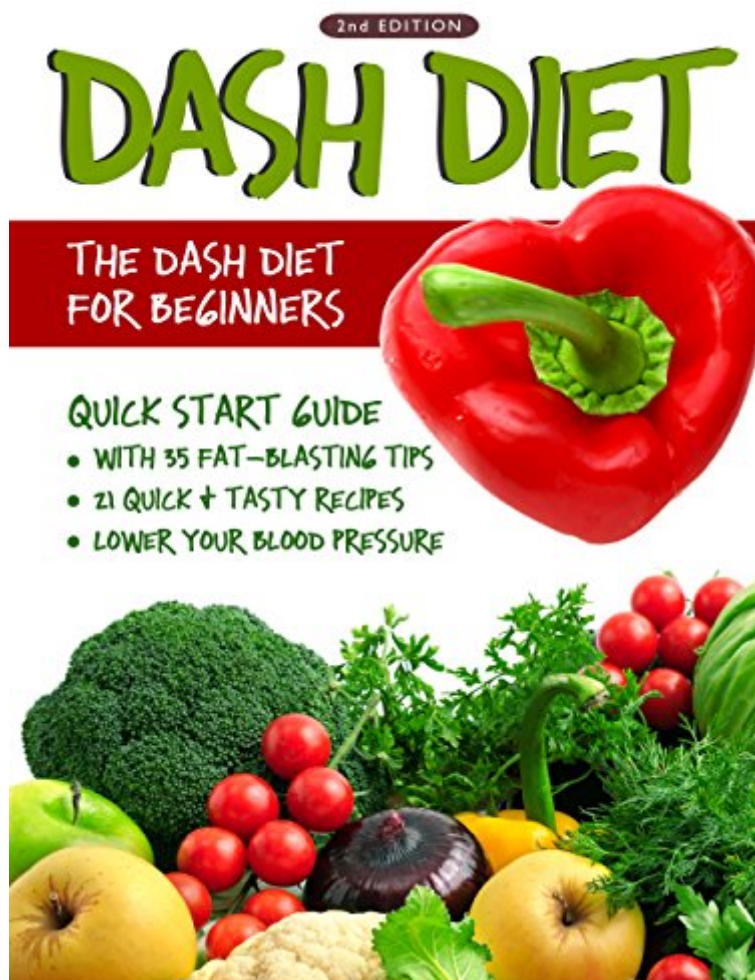


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# **DASH Diet (2nd Edition): The DASH Diet For Beginners - DASH Diet Quick Start Guide With 35 FAT-BLASTING Tips + 21 Quick & Tasty Recipes That Will Lower YOUR Blood Pressure!**





## Synopsis

This Book Is ONLY For People Looking to LOWER Their Blood Pressure QUICKLY + Lose A Few Pounds While Doing it!FREE BONUS INCLUDED: If you download this book, you will get a FREE DOWNLOAD of Linda Westwood's best selling book, Quick & Easy Weight Loss: 97 Scientifically PROVEN Tips Even For Those With Busy Schedules!From the best selling author, Linda Westwood, comes 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! This book will help you QUICKLY lower your blood pressure and keep it low FOREVER! (All while losing a few pounds too!)This DASH Diet 2nd Edition book focuses on the core reason why the DASH Diet works. You will learn exactly how you can lower your blood pressure, and why it works to effectively in a short period of time.This book provides you with 35 fat-blasting tips that work to BOTH lower your blood pressure, and melt your fat AT THE SAME TIME!As a bonus, Linda has added 21 quick and tasty DASH recipes that can be used as core meals to drop your blood pressure into a healthy range within 7 days, no matter what it is right now!Are you ready to lower your blood pressure, while looking and feeling healthier than you have in a long time? Then get your copy of DASH Diet (2nd Edition) TODAY!If you successfully implement the advice, tips and recipes in this book, you will

- See your blood pressure drop into a healthy range within the next 7-10 days
- Start losing weight without working out as hard
- Begin burning all that stubborn fat, especially belly fat, thigh fat and arm fat
- Say goodbye to inches off your waist and other hard-to-lose areas
- Learn how you can live a healthier lifestyle without trying
- WANT to eat healthy foods so that dieting will never be hard again
- NEVER feel tired or exhausted in your day - EVER AGAIN!

Tags: dash diet, dash diet weight loss, how to do dash diet, dash recipes, dash diet recipes, dash diet cookbook, dash cookbook

## Book Information

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## Customer Reviews

This guidebook is very useful and fully loaded with plenty of information about Dash Diet. Actually, I had a huge interest to learn about this diet and for that reason I purchased this book last week. Inside of this book I have found quick start guides, helpful fat-blasting tips, and some super tasty recipes. The author Linda Westwood has done an excellent work, and she has described everything very clearly. By reading this 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! book, I have understood why I should keep my blood pressure lower and also learned how I can do it low forever. I really liked those tips that I got from this book and I already following all the guideline of this book. After following those guidelines, within a few days I got lots of improvement over my health and for that why I did not wait to post my honest opinion over here. I will definitely suggest this amazing book to all and please vote my opinion, if you think it is kinda helpful. Grab this book right now and learn how you can live a healthier lifestyle without trying. Amazing..!!

This book is very well written. Linda did a great job with it ! This diet book is very easy to follow and understand, and it gives you many reasons why you want to implement the DASH diet. whether your goal is to improve your health (like lower your blood pressure level) or to loss wait, this books will give you all the tools, guidance and tips you need to succeed. I was very impressed with the foods in this program. They are tasty, healthy, practice and easy to prepare. I definitely recommend this book !

Good for those whose eyes are on their blood pressure every minute. DASH diet is a helpful scheme to fight hypertension. I will recommend this for my father's meal. He's very particular on his food choices. He always keeps track of his blood pressure. With the help of this 7-day plan from breakfast to dinner, he will have a peace of mind that he's fine with his meals throughout the day. Instructions are well-directed and easy. This will work. Great!

If you are tired of diets that are more complicated than the NASA space program, the 7 Day Dash is for you. Especially if your blood pressure is something you need to be extra careful about. I love the fact that this book has just 7 recipes, one for each day of the week so a person like me can actually follow through. Simple, clear and to the point and that's just the way I like things. Thanks a lot!

This book is primarily aimed at people who suffer from high blood pressure, and it suggests a diet that helps lower it considerably with the aid of certain meals. It's also useful for those who want just to lose weight. So it contains a well-structured 7-day meal plan for breakfast, lunch and dinner, and I must say it's a really good "ready" guide for those who don't want to bother compiling their menus. Read, shop, cook, and eat! I loved it!

If you want to start living healthy and eating foods that will make you feel better and also lose weight, then this cookbook will show you how to make tons of recipes that will never leave you bored with what you eat. Very pleased with both the prompt service and quality of the item. Recipes are easy and tasty. I'm really impressed. I found the recipes easy to make and very tasty using ingredients easily made from everyday ingredients.

I needed something to help me get motivated. I have great intentions but follow through is always my struggle. I bought this book and it has given me some great ideas that I am already starting to put into practice. It gives me meal plans which helps me plan my week which is so helpful.

DASH stands for Dietary Approaches to Stop Hypertension and thus the DASH diet is primarily designed to help people lower their blood pressure by simply regulating the meals they consume. While the main purpose of DASH diet is to aid in regulation of blood pressure, it also turns out to be handy for the sake of weight loss. In this book a 7-day DASH diet plan is provided to help you retain safe blood pressure. It is an amazing reading because the timeline in which the plan is done is very short so any one can achieve it better than other long term Diet plans that usually most of people

gives up on before achieving anything.

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