

# [PDF] The DASH Diet Action Plan: Proven To Lower Blood Pressure And Cholesterol Without Medication

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## Description:

*The DASH Diet Action Plan* is a complete guide to lowering blood pressure and cholesterol without medication - through a proven diet, exercise, and weight loss program.

Unlike any diet before it, DASH, which stands for Dietary Approaches to Stop Hypertension, came out of groundbreaking NIH-funded research. No diet has a medical pedigree like this one - it is the real deal. In fact, medical protocol actually requires doctors to recommend DASH to all patients

diagnosed with hypertension or pre-hypertension. And now - finally - the popularity of this diet will have the chance to catch up to its proven efficacy with the program in *The DASH Diet Action Plan*.

The DASH diet is rich in fruits, vegetables, whole grains, low-fat and nonfat dairy, lean meats, fish, beans, and nuts. It is grounded in healthy eating principles that lower blood pressure; reduce the risk of heart disease, stroke, and some types of cancer; and support for reaching and maintaining a healthy weight.

Written by the foremost dietician trained in DASH, Marla Heller, this book contains a simple, actionable plan that can fit seamlessly into everyone's life and lifestyle. Complete with recipes, meal plans, shopping lists, and more, this comprehensive, proven plan does not rely on magical combinations or forbidden foods - just fabulous, healthy eating!

**PLEASE NOTE: When you purchase this title, the accompanying reference material will be available in your My Library section along with the audio.**

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