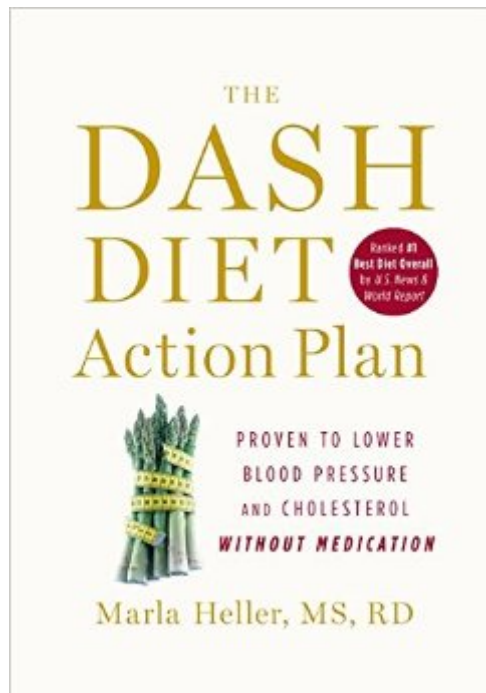


The book was found

# The DASH Diet Action Plan: Proven To Boost Weight Loss And Improve Health (A DASH Diet Book)



## Synopsis

The New York Times Bestseller--Based on the Diet Ranked "#1 Best Diet Overall" by US NEWS & WORLD REPORT--for 4 Years in a Row! Finally, the #1 ranked DASH diet is popularized and user-friendly. Unlike any diet before it, DASH, which stands for Dietary Approaches to Stop Hypertension, came out of groundbreaking NIH-funded research. Now, Marla Heller, MS, RD, who was trained by one of the primary architects of the DASH diet and is herself the leading dietician putting DASH into action for over ten years, shares the secret to making the diet easy and accessible, in THE DASH DIET ACTION PLAN. Rich in fruits, vegetables, whole grains, low-fat and nonfat dairy, lean meats, fish, beans, and nuts, DASH is grounded in healthy eating principles that lower blood pressure; reduce the risk of heart disease, stroke, and some types of cancer; and support reaching and maintaining a healthy weight. No diet has a medical pedigree like DASH, and this book is a simple, actionable plan that can fit seamlessly into everyone's life and lifestyle. It includes: 28 days of meal plans at different calorie ranges Simple tools to help you personalize a DASH Diet Action Plan for guaranteed success DASH-friendly recipes and shopping lists Tips for eating on-the-run Advice on healthy weight loss and exercise for every lifestyle. Now, you can revolutionize your health and change your life--without medication.

## Book Information

Series: A DASH Diet Book

Hardcover: 224 pages

Publisher: Grand Central Life & Style; 1 edition (September 12, 2011)

Language: English

ISBN-10: 145551280X

ISBN-13: 978-1455512805

Product Dimensions: 6.5 x 1 x 9.5 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (447 customer reviews)

Best Sellers Rank: #28,494 in Books (See Top 100 in Books) #8 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure](#) #560 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

## Customer Reviews

First I have to say I'm a big fan right now of the Flat Belly Diet but anytime science actually backs a new diet plan rather than just some celebrity or marketing dollars, I try it out as it's part of my job. I

began this diet 2 weeks ago and I have had high blood pressure since I was about 20. I went through all kinds of tests because doctors and specialists were convinced there was something massively wrong with me as I weighed 115 lbs, was a vegetarian, and had blood pressure so bad I was vomiting....they couldn't believe I had high blood pressure sorbet thought something was failing internally.Nope, no reason...just genetic. Since then, I've gotten it down with cardio but when I don't have time for cardio, like recently, it goes up again. I have been able to stop taking 2 of the strongest meds I've always taken but I was still having to take diuretics to get rid of the salt in my body to lower my blood pressure as it has NEVER been normal for decades.Until now.But I'll get to all that.Because you'll ALSO lose weight with this. And that ALSO lowers it more...you'll have great energy and never be hungry as well.So is it another fad? Actually the principles of this, similar to the Flat Belly Diet, are some of the most proven philosophies and largest studies of obesity that make it up in recent years. Yes, it's in medical materials rather than magazines.However news magazines like it too.It was just rated the #1 healthiest diet in US News and World Report.Over ALL diets...Jenni Craig, Nutrisystem, anything.This was the diet used by the USDA for its health guidelines called "MY PLATE" which updated the food pyramid.

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