



# **DASH Diet for Beginners: The Ultimate Guide to the DASH DIET and How to Use the DASH Diet for Weight loss (Diet, weightloss, health, DASH diet, lose weight, fat loss)**

*Laura Palermo*

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You're about to discover how to use the DASH Diet to your advantage. You will learn that the DASH Diet is different from most of the diets out there today. We consider the DASH Diet a lifestyle, not a diet, as it is something you can use for the rest of your life. You will learn that you can use the techniques in the book to potentially lower blood pressure, which is something many people suffer with these days. Obviously, this book in NO WAY substitutes for medical advice and please consult with your doctor before implementing anything in this book. After reading this book, you will understand the philosophy and methods of the Dietary Approaches to Stop Hypertension (DASH) diet. You can lose weight, lower your blood pressure and improve your health and this book will help you do it!

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- Benefits of the DASH Diet
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- Much, much more!

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Tags: weight loss, fat loss, health, diet, DASH diet, high blood pressure, hypertension,

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