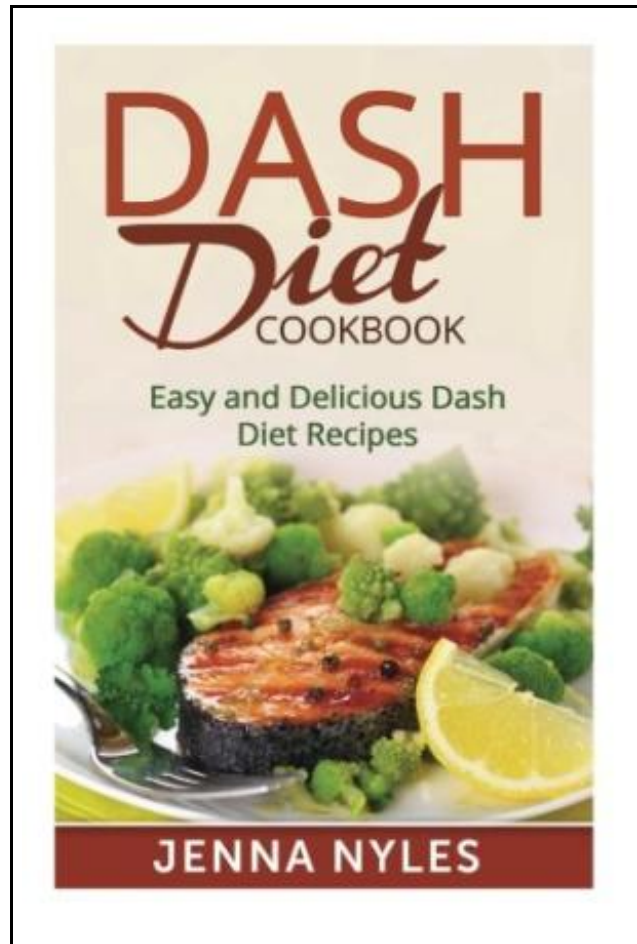


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.If you are ready to change your lifestyle for the better and overhaul your health then this book is perfect for you. The DASH diet is a very simple routine to follow because it doesn't involve any faddy regimes, expensive equipment or unusual foods. The diet is endorsed by: The National Heart, Lung and Blood Institute The American Heart Association The 2010 Dietary Guidelines for Americans US Guidelines for Treatment of High Blood Pressure The 2011 AHA Treatment Guidelines for Women The Mayo Clinic Heart and Stroke Foundation This list of supporters shows it has a proven track record to positively change your health, life and waistline. It has also been named the Best Overall Diet by U.S. News World Report for its 5th year in a row, not credentials to argue with. These simple but delicious recipes are designed to put beginners on the road to a new life, one full of energy and good health. All too often, a healthy diet can mean restrictions on your food choices that lead to boring, tasteless meals, making it considerably more difficult to stick to. These recipes are going to make you see healthy eating in a new way and aim to inspire you to make better lifestyle choices both now and in the future. So, whether you are looking to lose weight, improve your heart health or simply change your eating habits for the better, this report can put you on the right path to encourage your success.

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