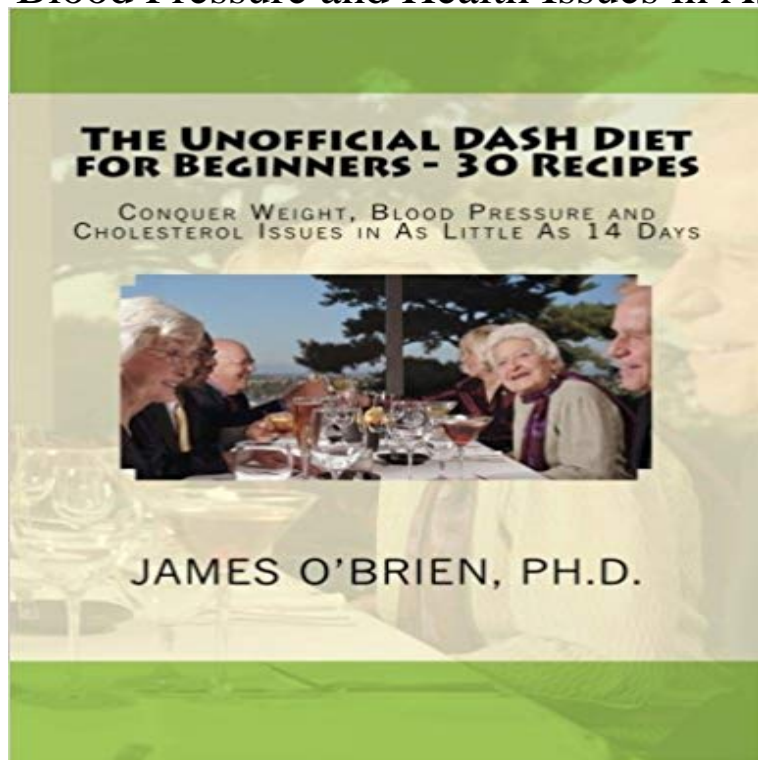


The Unofficial DASH Diet for Beginners - 30 Recipes: Conquer Weight, Blood Pressure and Health Issues in As Little As 14 Days



Want to lose weight, control blood pressure, and lower cholesterol? Dieting is hard. Eating healthy foods is your goal. This book will show you how to enjoy the foods you love, prepare delicious meals, and reach your health goals. But I can't stick to a diet. I'm sick of those cardboard rice cakes. Those smoothies taste like grass clippings! Every person changing the way they eat finds themselves struggling with these same thoughts. But I've got good news: All your problems are temporary! If you have an action plan and know what you're doing, you can seamlessly make the transition to a healthy YOU. This book will give you that action plan. Dietary Approaches to Stop Hypertension You can cut down on the salt in your diet. There are tons of flavorful substitutes you will enjoy. In 30 short, simple, fun, and actionable recipes James O'Brien, Ph.D, will show you the tried-and-true method for healthy eating. If you want a sure-fire, step-by-step, bullet-proof action plan for making a positive change in your eating habits, this book is your best friend. It will take you through every step of the way and show you exactly what you need to do to prepare scrumptious, healthy meals. If You Want To Change Your Life TODAY, PICK UP A COPY OF THIS BOOK! It Will Change Your Life Forever Don't Hesitate. You Won't Regret It. ;-)

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