



The Dash Diet Journal: Track Your Progress See What Works: A Must for Anyone on the Dash Diet (Paperback)

By Speedy Publishing LLC

Weight a Bit, United States, 2014. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.Almost unlimited fresh fruits and vegetables keep you full on the DASH diet plan, while protein-rich foods keep you energized. The DASH diet is a lifetime eating plan that was originally designed to help people lower and stabilize high blood pressure, but the plan was found to promote weight loss and improve overall health by helping to prevent and control other conditions, like diabetes and cholesterol levels. DASH, Dietary Approaches to Stop Hypertension (high blood pressure), is a healthy eating plan that focuses on plant-based foods and is backed by the American Heart Association. Keeping a daily journal of all food eaten, blood pressure count and weight will help keep you motivated to stick with the DASH diet.



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Reviews

Absolutely essential study book. It is loaded with wisdom and knowledge I found out this ebook from my i and dad suggested this ebook to understand.

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-- **Deondre Hackett**