



**DASH Diet: 7-Day Dash Diet Meal Plan To Lose Weight, Boost Metabolism And Control Your Blood Pressure: (dash diet weight loss solution, dash diet for weight ... watchers, healthy eating, healthy living))**

*Imogen Terry*

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## **DASH Diet (FREE Bonus Included)**

### **7-Day Dash Diet Meal Plan To Lose Weight, Boost Metabolism And Control Your Blood Pressure**

DASH stands for Dietary Approaches to Stop Hypertension – in other words, a meal plan that can lower your blood pressure. It was developed in the United States by the National Institutes of Health, and their studies showed that it could lower the blood pressure of patients with pre-hypertension by 6mm Hg for systolic blood pressure and 2mm Hg for diastolic blood pressure. Patients with hypertension showed a drop of 6 and 11 for the same readings.

**This book will take you through a seven-day meal plan in accordance with DASH guidelines. It includes recipes such as:**

- Homemade pizza
- Goat's cheese fritatta
- Breakfast pancakes

This book explains the rules behind the DASH diet and also gives tips on keeping a food diary and staying motivated.

# Getting Your FREE Bonus

Download this book, read it to the end and see "**BONUS: Your FREE Gift**" chapter after the conclusion.

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Have you spare time for a day? What do you do when you have a lot more or little spare time? Yeah, you can choose the suitable activity intended for spend your time. Any person spent all their spare time to take a go walking, shopping, or went to the Mall. How about open or even read a book eligible DASH Diet: 7-Day Dash Diet Meal Plan To Lose Weight, Boost Metabolism And Control Your Blood Pressure: (dash diet weight loss solution, dash diet for weight ... watchers, healthy eating, healthy living))? Maybe it is for being best activity for you. You understand beside you can spend your time using your favorite's book, you can wiser than before. Do you agree with it is opinion or you have other opinion?

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