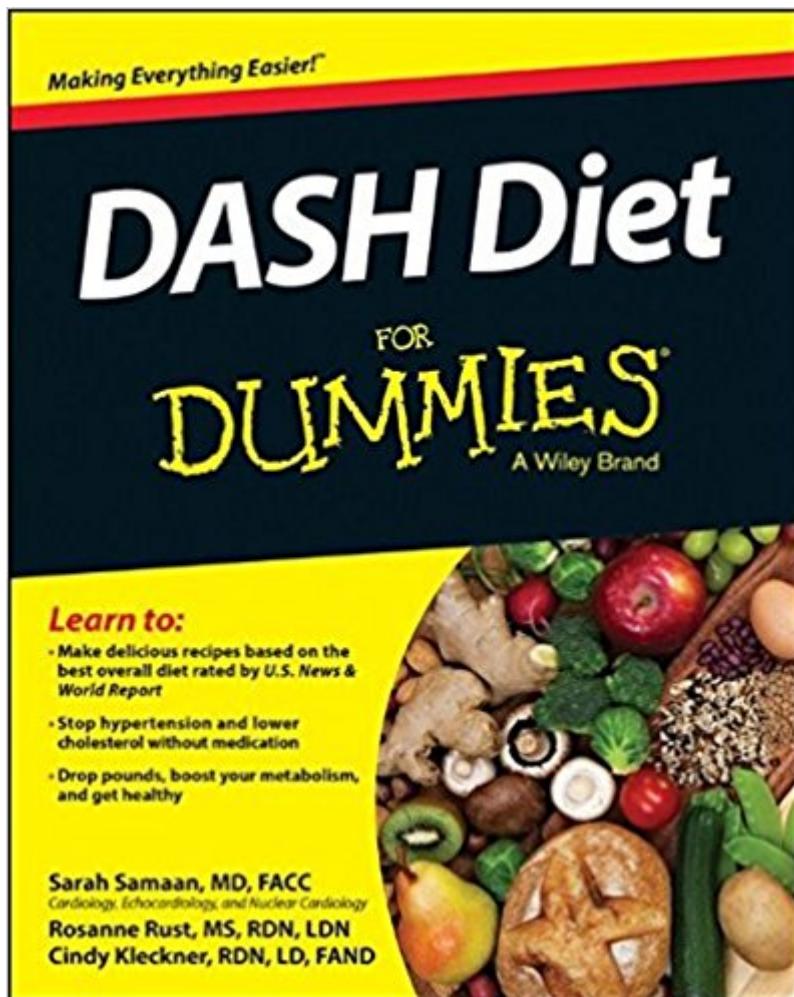


The book was found

# DASH Diet For Dummies



## Synopsis

Lower your blood pressure in just two weeks with the #1 rated diet When high blood pressure becomes chronic, it's called hypertension—â a condition that affects 970 million people worldwide, and is classified by the World Health Organization as a leading cause of premature death. While medications can help, nothing beats dietary and lifestyle modifications in the fight against high blood pressure, and the DASH diet is a powerful tool in your arsenal. Focusing on lowering sodium intake and increasing fiber, vitamins, and minerals can help lower your blood pressure in as little as two weeks. It's no wonder that the DASH Diet is ranked as the number 1 diet for three years in a row and is endorsed by the American Heart Association, The National Heart, Blood, and Lung Institute, and The Mayo Clinic. DASH Diet for Dummies is your ultimate guide to taking control of your body once and for all. Originally conceived to alleviate hypertension, the DASH Diet has been proven effective against a number of conditions including Type 2 diabetes, metabolic syndrome, PCOS, weight loss, and more. DASH Diet for Dummies contains all the information you need to put the diet into practice, including: Over 40 DASH-approved recipes, including meals, snacks, and desserts 100+ DASH-approved foods, including meats, seafood, sweets, and more Tips for navigating the grocery store and choosing healthier fare A 14-day Menu Planner to help you get started today The DASH Diet is built upon the principles of healthy eating and getting the most nutritional bang for your buck. Doctors even recommend DASH to their healthy patients as an easy, stress-free way to adopt the food habits that will serve them for life. DASH Diet for Dummies is your roadmap on the journey to good health, so get ready to start feeling better every day.

## Book Information

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## Customer Reviews

Learn to: Make delicious recipes based on the best overall diet rated by U.S. News & World Report Stop hypertension and lower cholesterol without medication Drop pounds, boost your metabolism, and get healthy The easy way to lower your blood pressure in just two weeks Want to take charge of your health? You've come to the right place. Originally conceived to alleviate hypertension, the DASH Diet has been proven to lower blood pressure and cholesterol levels, and improve overall cardiovascular health. DASH Diet For Dummies contains everything you need to put this #1-rated diet into practice today. Take heart & find out how cholesterol affects the arteries and learn how DASH helps lower your risk of heart disease and stroke DASH your way to better health & figure out if the DASH Diet is a good fit for you, establish new lifestyle routines, set and track dietary goals, and prepare for obstacles Weigh your options & get to know some of the health problems associated with being overweight, determine your BMI, and use DASH to reach a healthy weight The DASH difference & trace the history of DASH, grasp how it was developed, and understand why it's more than just another trendy diet The more you know & discover the relationship between DASH and sodium intake, look at other diets similar to DASH, and get to know the positive effects of DASH Open the book and find: What sets the DASH Diet apart from others How to boost your health and keep your taste buds happy The correct amount of sodium you should consume daily Serving guidelines for each component of DASH Proven ways to lessen the risk of heart disease and stroke How the DASH Diet can help you lose weight Five tasty salt-free flavor enhancers

Sarah Samaan, MD, FACC, is a Physician Partner at the Baylor Heart Hospital and was named as a "Texas Super Doctor" by Texas Monthly for the past eight years. Rosanne Rust, MS, RDN, LDN, specializes in nutrition communications and is the co-author of Calorie Counter Journal For Dummies and Glycemic Index Cookbook For Dummies. Cindy Kleckner, RDN, LD, FAND, works for the Cooper Aerobics Center specializing in weight management, cardiovascular health, corporate wellness, and nutritional culinary events.

This book is laid out very well. One can either read it from front-to-back, or bounce around from

subject-to-subject (entries are easily formatted -- fairly large print paragraphs and very large print subject headings). Clear, concise, easy to understand. Great book! FYI -- The DASH Diet has helped me lower/stabilize my BP already. It has also helped in some unexpected ways -- more energy, clearer skin (that was a pleasant surprise) and slow/steady weight loss. This book and this eating plan may not be for everyone. But DASH is rated # 1 overall eating plan by American Heart Assoc and Lung Assoc. The book makes it easier to clarify, simplify, and make getting healthy easier for many.

Totally takes the guess work out of the DASH diet and for people needing to lower sodium intake. Recipes are in the back which are helpful. A very easy to read book and easy to reference

Dash was the most highly rated diet in the most recent survey by dietitians and nutritionists. The book does a good job of covering all the essentials without trying to sell more books.

Refer to the book along with other Dash diet books. Very pleased

Very detailed explanation on how and why the DASH Diet works. Compared to other diet books I've read, this one is on the top of my list.

I found the book very helpful.

Fairly easy to understand. Would like to have more recipes for one person, and shopping lists the same.

The DASH way of eating is great! I combine Mediterranean and the DASH lifestyles along with nutritional sciences to help clients stay heart healthy, control diabetes or reverse it, and help with cholesterol. I enjoy this book very much. I like that it's not restrictive but shows how to eat better for better health.

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