



# **Dash Diet - Beginner Book: Weight Loss, Recipes, Blood Pressure**

*Olive Cortenyson*

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# Dash Diet - Beginner Book: Weight Loss, Recipes, Blood Pressure

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## **Dash Diet - Beginner Book: Weight Loss, Recipes, Blood Pressure** Olive Cortenyson

Get Amazing results with the #1 diet- DASH for weight loss. You'll be astonished at what DASH can do for you, there's simply nothing like it, and we will show you the basics so you won't fail **.If you've struggled with weight loss , hypertension, or an overall dissatisfaction of your physical wellness, let us provide you with an incredible, comprehensive, information packed book. This no-frills, 100% information centered resource book will provide you with the information you need to start DASH today including our researched websites and Apps.**

- An easy to understand explanation of DASH
- Information to help you understand what your daily food consumption should look like
- Meal plans to help you lose weight fast
- Meal plans to boost your metabolism
- Meal plans for a younger you and more...

This step by step guide will give you all of the tools you need to achieve weight loss , controlled blood pressure, and a better feeling, looking you....

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