



# **DASH Diet for Beginners: An Easy Step by Step Guide to Losing Weight, Reducing Hypertension and Feeling Great (Eat Your Way Lean & Healthy)**

*Katherine Wright*

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## **DASH Diet for Beginners**

Hi, I'm Katherine (Katy) Wright,

Over the years I have tried everything under the sun in order to lose weight and stay fit. My enthusiasm for fitness and diet have led me to find out exactly what does and what doesn't work. I've previously written about the subject of losing weight without picking up a weight or hitting the treadmill; but in this guide I'm going to show you how to use the DASH diet (Dietary Approaches to Stop Hypertension). It's been proven time and again over the years that not only is this method healthier for your heart but for your body as a whole.

This book contains proven steps you can take to get your hypertension back in order in as little as 14 days.

What you'll find in this 40 page guide are the rules of the DASH diet and how to easily institute them into your daily routine. I've included eating strategies as well as some recipes to get you started on your way to a leaner and heart happier body.

## **Here's just a LITTLE of what you'll discover in this incredible guide. . .**

How to challenge yourself so you'll crush your health goals

Don't wait, you'll want to put this information to use as soon as possible.

**Get this Awesome Guide for just \$2.99. Regularly priced at \$4.99**

Download now and start using the DASH diet to get a younger and healthier YOU!

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Angela Hampton: The publication untitled DASH Diet for Beginners: An Easy Step by Step Guide to Losing Weight, Reducing Hypertension and Feeling Great (Eat Your Way Lean & Healthy) is the book that recommended to you to see. You can see the quality of the e-book content that will be shown to an individual. The language that creator use to explained their way of doing something is easily to understand. The author was did a lot of study when write the book, and so the information that they share to you is absolutely accurate. You also might get the e-book of DASH Diet for Beginners: An Easy Step by Step Guide to Losing Weight, Reducing Hypertension and Feeling Great (Eat Your Way Lean & Healthy) from the publisher to make you more enjoy free time.

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