



The Complete Idiot's Guide to DASH Diet Cooking (Complete Idiot's Guides (Lifestyle Paperback))

ND, Ph.D., Deirdre Rawlings

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The DASH (Dietary Approaches to Stop Hypertension) Eating Plan is a dietary program that was developed by the National Institutes of Health and has been proven to be one of the most effective and healthy diet plans available today. The primary intention and benefit of the plan is to reduce the effects of hypertension; however, the plan has also proven to be an effective weight loss plan as well as a diabetes-friendly diet plan. In a 2011 study released by U.S. News and World Report, DASH was ranked as the number #1 overall diet plan among 20 of the most popular plans studied. It was also listed as the #1 diet plan for those suffering from diabetes.

With over 160 recipes, *The Complete Idiot's Guide® to DASH Diet Cooking* takes a fresh approach compared to other books on the topic, most of which are loaded with general information on the DASH diet. *The Complete Idiot's Guide® to DASH Diet Cooking* focuses instead on cooking the right way with DASH, and the reader will benefit from over 150 fantastic, DASH-compliant recipes. Readers will also benefit from structured meal plans that help keep them on track and the author's expert advice on supplementing the diet with exercise and other lifestyle changes to further enhance the benefits of DASH.

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The reason? Because this The Complete Idiot's Guide to DASH Diet Cooking (Complete Idiot's Guides (Lifestyle Paperback)) is an unordinary book that the inside of the publication waiting for you to snap the item but latter it will surprise you with the secret it inside. Reading this book close to it was fantastic author who else write the book in such awesome way makes the content inside easier to understand, entertaining technique but still convey the meaning totally. So , it is good for you because of not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of benefits than the other book possess such as help improving your proficiency and your critical thinking technique. So , still want to hesitate having that book? If I were being you I will go to the reserve store hurriedly.

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