



## Dash Diet: Beginners Quick Start Guide to Fast Natural Weight Loss, Lower Blood Pressure, Fight Diabetes and Better Health

By J J Lewis

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you have Hypertension or Diabetes? Are you concerned of the long-term effects of maintenance meds? Have you been looking for better alternatives to manage your condition? All you need is to follow JJ Lewis DASH DIET! JJ Lewis is a highly decorated chef and author of several cookbooks. She s published bestselling cookbooks and contributed to countless recipe collections. Her recipes focus on healthy dishes that promotes physical wellness, which includes those beneficial to hypertensive people and diabetics. She s an innovator who loves to try out new combinations of flavors and nutrient mix, while targeting specific physical conditions. She s undergone a lot of training and has attended classes with many of world s best cooks. DASH stands for Dietary Approaches to Stop Hypertension The DASH diet seeks to reduce sodium in your diet and increase your consumption of calcium, magnesium, potassium and fiber by eating a wide selection of whole foods that lower blood pressure. Eating vegetables, fruits, whole grains, fish, lean meats, low-fat dairy, and healthy fats is basically the DASH...



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