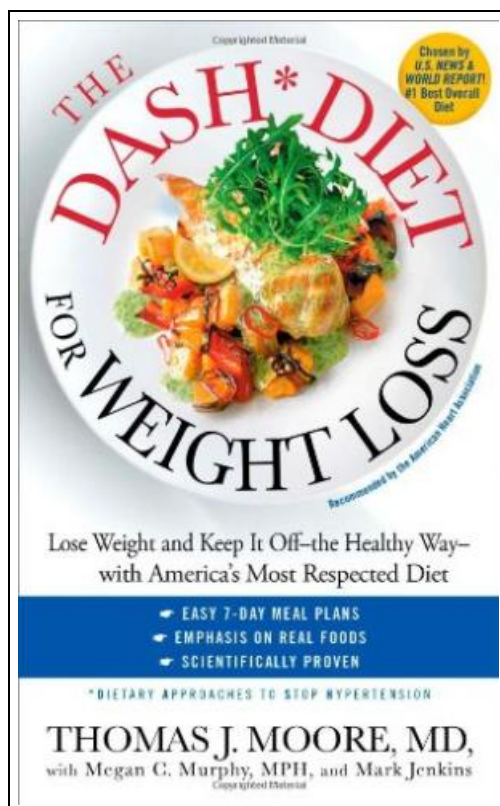


The DASH Diet for Weight Loss: Lose Weight and Keep It Off--the Healthy (Paperback)



Filesize: 1.2 MB

Reviews

This pdf is definitely not easy to get started on studying but quite entertaining to read through. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Ms. Fatima Erdman)

THE DASH DIET FOR WEIGHT LOSS: LOSE WEIGHT AND KEEP IT OFF--THE HEALTHY (PAPERBACK)



SIMON SCHUSTER, United States, 2013. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Noted physician Thomas J. Moore, M.D., presents the ultimate guide to the revolutionary DASH diet. Based on nearly twenty years of scientific research by doctors at Johns Hopkins, Harvard, Duke, and more, the DASH diet has been proven to lead to sustainable weight loss--and to prevent and reduce high blood pressure; lower bad cholesterol; and reduce the risk of stroke, kidney disease, heart attack, and even colon cancer. Originally designed as a diet for reducing high blood pressure, the DASH diet (Dietary Approaches to Stop Hypertension) will help you lose and keep weight off with the perfect meal plan to meet your dietary and caloric needs. Rated the #1 diet by U.S. News World Report in 2011, 2012, 2013, and 2014, the DASH diet includes no gimmicky foods--instead, those on the diet eat low-salt meals including whole grains; eggs, fish, and chicken; nuts, fruits, and vegetables; lower-fat dairy products; and even desserts. The book s practical 28-day menu planner provides an easy-to-use roadmap on how to get started, with tasty recipes for a variety of dishes. (Try the Cobb salad, shrimp Scampi, or apples in caramel sauce.) The book also features stories from people who have lost weight on the DASH diet--and kept it off for years. Tired of ineffective fad diets? The DASH Diet for Weight Loss can show you how to shed pounds and feel healthier by following a tried-and-true research-based approach. Features included extensive, easy-to-follow meal plans (for meat-eaters and vegetarians alike) as well as practical tools and advice that will help you: * Calculate and meet calorie targets and learn what counts...



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