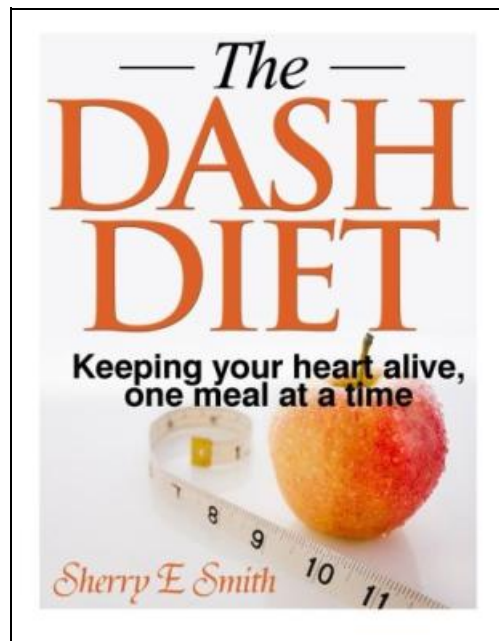


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Summary to the DASH Diet According to a number of reports from credible sources, there are many medical conditions that we suffer from as a result of the lifestyle choices that we make. One of the most common causes of such conditions is the food that we eat. It is important to make sure that we watch what we eat. Your body will be harmed if you don't watch for what you need to do. The DASH Diet is one of the most popular diets to use today. As a matter of fact, it is recommended over the typical American diet and is touted as one of the best diets ever. This can be utilized to prevent hypertension and other possible life-threatening conditions that might result from not watching your diet carefully. Based on a recent survey, three diets were selected as the best diets of the year. The DASH Diet was awarded the top spot in a study followed by the TLC and Weight Watchers diets in that order of preference. It is important to take note that this diet is not designed to help you cut lose some pounds, but if you do so in the process, then good for you. The main aim of the DASH Diet is to prevent the threat of blood pressure. As a matter of fact, the DASH Diet is not even referred to as a diet by the federal government that proposed the study and further recommended the conclusions, but it is referred to as an eating plan. In the event that you have come across other diets like the TLC diet, the Mediterranean Diet, the Vegetarian diet or even the...



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