



DASH DIET BOX SET 2 IN 1: 2 Effective Dash Diet Plans To Lose Weight Fast and Get Healthy: (dash diet weight loss solution, dash diet for weight loss, ... watchers, healthy eating, healthy living))

Imogen Terry

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DASH DIET BOX SET 2 IN 1: 2 Effective Dash Diet Plans To Lose Weight Fast and Get Healthy (FREE Bonus Included)

BOOK #1: DASH Diet: 7-Day Dash Diet Meal Plan To Lose Weight, Boost Metabolism And Control Your Blood Pressure

DASH stands for Dietary Approaches to Stop Hypertension – in other words, a meal plan that can lower your blood pressure. It was developed in the United States by the National Institutes of Health, and their studies showed that it could lower the blood pressure of patients with pre-hypertension by 6mm Hg for systolic blood pressure and 2mm Hg for diastolic blood pressure. Patients with hypertension showed a drop of 6 and 11 for the same readings.

This book will take you through a seven-day meal plan in

accordance with DASH guidelines. It includes recipes such as:

- Homemade pizza
- Goat's cheese fritatta
- Breakfast pancakes

This book explains the rules behind the DASH diet and also gives tips on keeping a food diary and staying motivated.

BOOK #2: DASH Diet: Weight Loss Solution with 7-Day Healthy Eating Plan to Boost Metabolism and Get Healthy

It is no secret that we would all like to lose a few pounds. There may be a reason for it, there may be no reason besides just wanting to feel like we look a lot better. There are a few things that will help you lose the weight that you want to lose, but not all of those things are healthy, and not all of those things will last in the long run.

There are fad diets, and there are heavy exercise regimes, but unless you find something that you love, you are not going to enjoy doing it for the rest of your life, and as a result, you are bound to let it go by the wayside eventually.

That is when you will run into even more problems, such as your weight coming back and all sorts of other nonsense. This may not seem like too much of an issue, but you have to realize that the more you fluctuate, and harder it is going to be to convince yourself to lose the weight the next time around.

We all want to see results, and we get excited when they happen, but what about when they happen and you are excited, then something else happens and you gain it back, and feel discouraged?

The key to success is losing weight in a way that it will stay off. You don't want to have the constant battle of on and off, and you will be better off if it stays off altogether.

With the DASH diet, you will lose the weight that you need to lose, and it will stay off. This is the diet that is

going to get you results, and get you healthy.

This book is going to show you how to:

- Follow food guides and healthy tips
- Choose the healthy
- Exercise in a way that counts, but will last
- Make this diet a lifestyle that will change the way you think
- And more?

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