



Getting Started with the DASH Diet: DASH Diet Weight Loss Solution (Dash Diet Cookbook)

Gordon Rock

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Originally conceptualized to meet the needs of people with hypertension, the **DASH diet** (or the Dietary Approaches to Stop Hypertension) is host to many health-related benefits, including weight loss. The first and main goal of this diet is to provide a healthier eating guideline to prevent and manage blood level by opting for healthier foods and alternatives. Having better control of your blood level means protecting yourself and lowering the risks of heart diseases, diabetes and obesity.

Unlike most fad diets, **DASH diet** is less prohibitive. In fact, it encourages balanced and healthy eating, with emphasis on fruits and vegetables, lean meat, whole grains and healthy fats. The diet discourages the use of sodium (usually coming from salt and artificial seasoning), sugar and fat.

This book **Getting Started with the DASH Diet: DASH Diet Weight Loss Solution** will show you that **DASH diet** can become your ultimate weight-loss program as well as partner for a better health. Inside, you will:

- Understand how dash diet can help you lose weight slowly and safely. This is a scientifically-proven eating plan that will help you achieve your target weight without the side effects that come with many crash diets.
- Know what your options are when you shop for food, cook and dine out so you're always in tune with the philosophies advocated by the diet.
- Cook your own DASH meals. The **dash diet cookbook** contains a delectable selection of recipes that you can whip up every day of the week.

Getting Started with the DASH Diet: DASH Diet Weight Loss Solution is an interesting resource material that provides with you information and easy-to-follow instructions on how to live healthy with the DASH diet. The book gives compelling results whether you're a straight vegetarian or a hearty meat-eater. The diet allows you to eat great-tasting meals and satisfy your cravings without the worries of accumulating pounds. For as long as you stick to healthier food options and avoid the harmful ones like too much salt and sugar, this diet can pretty much pave the way for a healthy weight loss journey.

The DASH diet is not an overnight diet. It allows you to transition slowly yet easily to healthier eating habits without causing havoc to your body system. This is not a fad diet with a lot of empty promises – but a lifestyle game changer that will give you a different perspective about food and eating healthy. More importantly, this diet will leave you feeling satisfied and bring you nearer to the pink of health.

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James Melendez:

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