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Dash Diet: Ultimate Guide for Healthy Living - Dash Diet Recipes, Lose Weight Quickly, Dash Diet Cookbook Lower Blood Pressure

By Melissa R Kensington

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Language: English . Brand New Book ***** Print on Demand *****.A Healthy Slim Body Is EASIER Than You Think! Become the best version of YOURSELF! Do you want to lose weight? I bet you do! Do you want to be fit and healthy at the same time? I bet you do too! This book will show you how you can achieve a healthy and slimmer body by optimizing your diet. You will also get a more rounded view about food choices and timing - that will help you understand how it can be used to enjoy the body and health you desire. If you think that weight loss is the only thing you will ever achieve from the DASH diet, think again! You ll Be Surprised To Know That: It can help you lose weight PRETTY quickly It can reduce the risk of diabetes It can help you avoid metabolic syndromes It helps to decline high blood pressure It can be therapeutic for specific brain disorders When you order this book, you will be introduced to delicious recipes for each PHASE of the DASH diet...



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