



# **Dash Diet Cookbook for Beginners: Quick and Easy Recipes for Losing Weight, Lowering Blood Pressure and Preventing Diabetes**

*Maddie Bridges*

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## **Feel great and lose weight on the DASH diet!**

The National Institutes of Health votes the DASH diet as the BEST diet for both “healthy eating” and “diabetics”. Enjoy these DASH Diet recipes, and find out why it has been voted better than the rest!

Here’s what you’ll discover with the Dash Diet Cookbook for Beginners:

- 1. Delicious and nutritious foods that will aid in weight loss, blood pressure reduction and improved health. .**
- 2. Quick and easy recipes for breakfast, lunch, dinner, desserts, snacks and sides.**
- 3. Detailed information on how the diet was developed and how to get started!**

What does this mean for you? By following this quick and easy cookbook, you’ll be able to:

- 1. Take care of your body by reducing blood pressure and cholesterol starting today!**
- 2. Lose inches off your waist and look amazing in no time!**
- 3. Improve circulation and heart health.**
- 4. Improve energy levels for the activities you love!**
- 5. Save money on your future medical bills!**
- 6. And even enjoy mouth-watering desserts while watching your figure shrink!**

Latest reports reveal that 1 in 3 Americans (67 million people) has hypertension and close to another one-third of Americans have prehypertension. 25.8 million people (8.3% of the US population) have diabetes with 95% of cases being Type 2 and increasingly being diagnosed in children and teenagers. It’s also estimated that 79 million adults aged 20 and over have prediabetes.

Don’t become a part of that statistic! Transform your life and get the healthy body you deserve. Buy this book now to start losing fat, reducing high blood pressure and gaining health. These delicious recipes will have you coming back for more!

**Click The 'Buy now' Button Above To A Healthier, Happier You NOW!**

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