



# **Dash Diet For Beginners: Lose Weight, Lower Blood Pressure, and Improve Your Health**

*Susan Ellerbeck*

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# Dash Diet For Beginners: Lose Weight, Lower Blood Pressure, and Improve Your Health

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The DASH Diet is not just another fad diet, rather it is a scientifically proven method to lose weight and improve your health. Unlike most diets, the DASH Diet is based on research from the National Institutes of Health and promoted by the National Heart, Lung and Blood Institute.

Obesity, heart attack, and cancer rates are off the charts. We need a healthier way of eating. The DASH Diet is a proven and effective diet that helps you:

## **Lose Weight**

**Decrease your blood pressure and risk of heart attack**

**Lower cholesterol**

**Reduce cancer risk**

**Prevent kidney stones**

**Cut stroke risk**

But how does it all work and how do you begin? **DASH Diet for Beginners** explains how the DASH Diet works, and how easy it is to adjust your lifestyle and reap all the benefits DASH has to offer.

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