



DASH Diet Smoothies: For Low Salt, Low Cholesterol, Weight Loss, and Diabetes Diets (DASH Diet Cookbook Book 1)

Robertina Whelans

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The DASH Diet ranks #1 Diet two years in a row for 2013 and now 2014.

"The best overall diet" - US News & World Report, 2014

The DASH diet is NOT a diet of gimmicks, but rather a lifestyle that works.

LOWER BLOOD PRESSURE -- LOWER BLOOD SUGAR LEVELS -- LOWER CHOLESTORAL --
LOSE WEIGHT

With high blood pressure affecting one in three Americans, the DASH diet offers very real and positive steps to take in order to bring health back to balance.

There is a strong emphasis on fruit and vegetables with this food plan, and DASH Diet Smoothies offers a great introduction into increasing your fruit and vegetable intake.

Nutritious, delicious and guaranteed to delight your taste buds, these recipes will keep you coming back again and again. Get your copy of the DASH Diet Smoothies recipe cookbook today.

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Mary McCollum:

Reading a book tends to be new life style within this era globalization. With reading you can get a lot of information which will give you benefit in your life. With book everyone in this world may share their idea. Textbooks can also inspire a lot of people. A great deal of author can inspire their very own reader with their story as well as their experience. Not only situation that share in the guides. But also they write about the information about something that you need case in point. How to get the good score toefl, or how to teach your children, there are many kinds of book that you can get now. The authors in this world always try to improve their proficiency in writing, they also doing some investigation before they write for their book. One of them is this DASH Diet Smoothies: For Low Salt, Low Cholesterol, Weight Loss, and Diabetes Diets (DASH Diet Cookbook Book 1).

Nicholas Williams:

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Roberta Lawrence:

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