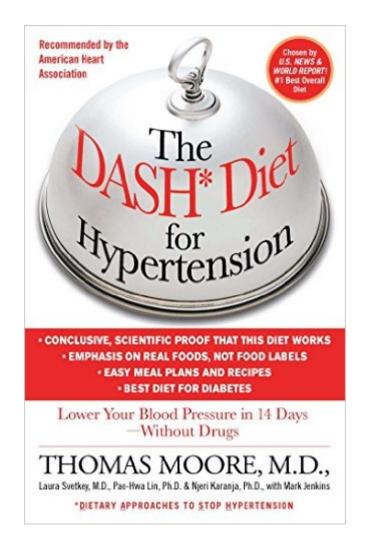
# The book was found

# **The DASH Diet For Hypertension**





# Synopsis

Based on the largest clinical trial of its kind and endorsed by the American Heart Association, the DASH diet is scientifically proven to significantly reduce high blood pressure after only two weeks.IN A 2011 RANKING PUBLISHED IN U.S. NEWS & WORLD REPORT, THE DASH DIET WAS RATED #1 BY A PANEL OF MEDICAL EXPERTS INCLUDING SPECIALISTS IN DIABETES AND HEART DISEASEâ " THE BEST OVERALL DIET AND THE BEST DIET FOR DIABETES! More than 50 million Americans suffer from high blood pressure, and most of them control it by taking prescription drugs with potentially dangerous side effects; and nearly 24 million Americans have diabetes. But there is a natural and affordable alternative for managing these potentially deadly conditions, reducing your risk of heart failure, stroke, and kidney disease, and achieving the best health of your life: the DASH (Dietary Approaches to Stop Hypertension) diet. Developed by a world-class team of doctors and nutritionists, the DASH diet gives you: â ¢ Complete and balanced nutrition for safe short-term and long-term weight loss â ¢ A scientifically proven approach to managing diabetes and heart disease without prescription medication â ¢ A hearty and healthful selection of DASH menus, recipes, and grocery lists a ¢ DASH exercise programs for everyday living â ¢ Key tools including calorie worksheets and a formula to calculate body mass ... and much more from this revolutionary program, which is recommended by the American Heart Association; the National Heart, Lung, and Blood Institute; the American Society for Hypertension; and other leading medical authorities.

### **Book Information**

Paperback: 368 pages Publisher: Gallery Books; 1 edition (July 19, 2011) Language: English ISBN-10: 145166558X ISBN-13: 978-1451665581 Product Dimensions: 5.3 x 1.1 x 8.2 inches Shipping Weight: 14.4 ounces (View shipping rates and policies) Average Customer Review: 4.2 out of 5 stars Â See all reviews (100 customer reviews) Best Sellers Rank: #426,077 in Books (See Top 100 in Books) #41 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure #267 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #447 in Books > Medical Books > Medicine > Internal Medicine > Cardiology

#### **Customer Reviews**

Hypertension kills. Suffering a stroke, heart attack, congestive heart failure, or damage to your eyes should be enough to get anyone to change their bad habits and get their lifestyle on track with the DASH diet. There is nothing difficult about eating fresh fruits instead of cookies or candy, and making fresh salads and cooking fresh vegetables instead of opening up a can of soggy, sodium laden mush passing as food. Believe it or not, I told MY doctor about the DASH diet when I first got diagnosed with high blood pressure about 10 years ago. She'd never heard of it. I was only 34 but African Americans seem to have a higher rate of hypertension than any other ethnic group. My blood pressure was an unbelievable 170/110 but I had no symptoms at all. Fearful of medications, but even more fearful of dying, I looked for an alternative solution that would provide fast results, and happened across the DASH study results. I ordered two booklets from the NHLB website and started changing my life. When I went back for a checkup a month later, my blood pressure had dropped an amazing 32 points systolic and was within the normal range of 138/85. She was stunned and ran from the room with the booklet I gave her to show other doctors in the office. They were in disbelief and actually came in to talk to me about the program. My blood pressure continued to drop once I got a better handle on sodium and liquor intake until it reached normal where it now stays unless I go off on a tangent too many days in a row. This was accomplished without any medication, just a steely determination to live which meant giving up things I shouldn't have been eating anyway. The book is great because it goes into a great deal of explanation and provides menu ideas to get you started.

#### Download to continue reading...

Dash Diet: Dash Diet For Weight Loss: Your Dash Diet Cookbook And Guide, Lose Weight Fast, Lower Blood Pressure, And Live A Healthy Life (Dash Diet, Dash ... For Weight Loss, Dash Diet For Beginners) Flat Belly: Dash Diet Weight Loss Action: Lose Weight The Natural Way & Lower Blood Pressure On A Healthy Lifestyle (Flat Belly, Dash Diet Weight Loss ... Diet for Weightloss, Dash Diet Cookbook) DASH Diet: The DASH Diet for Beginners - Quick and Easy Steps to Lose Weight in 14 Days with DASH Diet (Low Fat, Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets) DASH Diet: 50 Top DASH Diet Recipes - 30 MINUTE DASH Diet Recipes to Help You Lose Weight Fast & Prevent Heart Disease, Stroke and Diabetes (Low Sodium, Low Fat, Low Cholesterol) DASH Diet Smoothies: For Low Salt, Low Cholesterol, Weight Loss, and Diabetes Diets (DASH Diet Cookbook Book 1) The 2 Week Dash Diet Plan: Dash diet for weight loss The Everyday DASH Diet Cookbook: Over 150 Fresh and Delicious Recipes to Speed Weight Loss, Lower Blood Pressure, and Prevent Diabetes (A DASH Diet Book) The DASH Diet Action Plan: Proven to Lower Blood Pressure and Cholesterol Without Medication (A DASH Diet Book) Dash Diet for Beginners: 200 No Salt/Low Sodium Recipes For Being Heart Healthy Living Vol. 1: Dash Diet for Beginners: DASH Diet Recipes: 50 Heart Healthy 30 MINUTE Low Fat, Low Sodium, Low Cholesterol DASH Diet Recipes to Help You Lose Weight Fast and Prevent Heart Disease, Stroke, Diabetes and Cancer The DASH Diet Action Plan: Proven to Boost Weight Loss and Improve Health (A DASH Diet Book) Healthy Appetizers: Easy to Make. Low Carb, Low Fat, Low Calorie Appetizers (Atkins diet, dash diet, ketogenic diet, keto, candida, lyme disease, fibromyalgia, south ... beach diet, TLC diet, Gluten Free, Paleo) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan -Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) The DASH Diet for Hypertension DASH Diet for Beginners: An Easy Step by Step Guide to Losing Weight, Reducing Hypertension and Feeling Great (Eat Your Way Lean & Healthy) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet)

<u>Dmca</u>