

# **DASH Diet: DASH Diet For Vegetarians: 60 Healthy Vegetarian Recipes To Reduce Blood Pressure Naturally (DASH Diet Cookbooks) [Kindle Edition] By Renee Sanders**

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Dash Diet: Dash Diet for Vegetarians: 60 Healthy Vegetarian Recipes to reduce Blood Pressure Naturally (DASH Diet Cookbooks) (English Edition) eBook: Renee Sanders

## **Dash diet: healthy eating to lower your blood**

DASH stands for Dietary Approaches to Stop Hypertension. The DASH diet is a lifelong approach to healthy eating that's designed to help treat or prevent high blood

## **What is the dash diet?**

The Everyday DASH Diet Cookbook, and In addition to lowering blood pressure, the DASH eating plan lowers cholesterol and makes it easy to lose weight.

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First, decide how much you want to read. The National Heart, Lung, and Blood Institute (NHLBI), which helped develop DASH, publishes free guides on the plan.

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