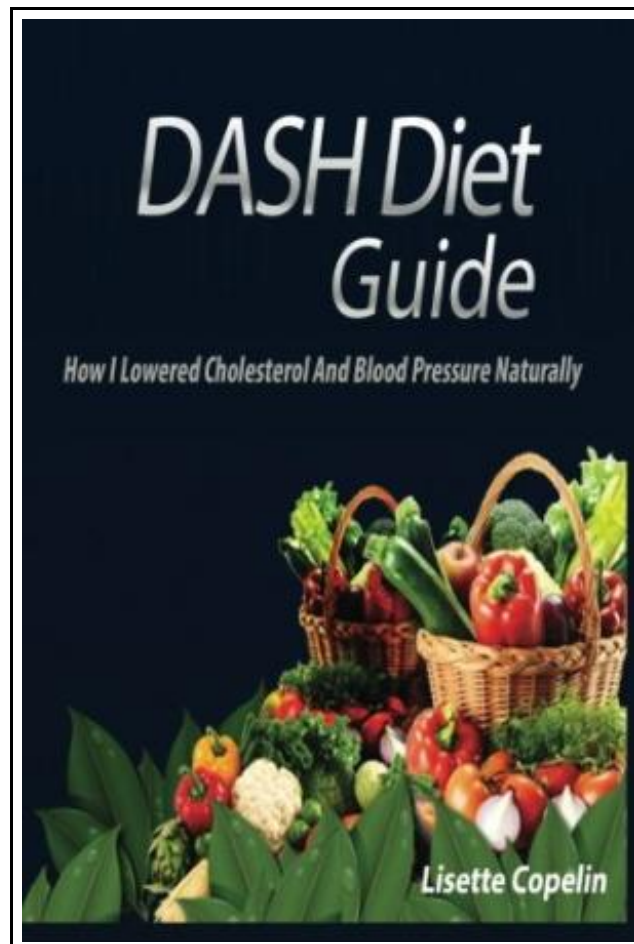


## Dash Diet Guide: How I Lowered Cholesterol and Blood Pressure Naturally (Paperback)



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
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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In regards to learning precisely what is the DASH Diet, there are certainly a few crucial factors that want to be used into account. Since you may know, the ingredients that people eat affect our overall well being. Thus, a diet having dangerous components like cholesterol and fatty foods can be an obvious way to hypertension and different other deadly diseases. However, eating the best ingredients may reduce the danger of creating these serious medical issues. There is a particular diet program that is made to reduce high blood pressure or hypertension. This kind of diet program is called the DASH Diet. The DASH Diet is advised through the scientific studies completed from the experts of NHBL institute. After thorough evaluation and through medical assessment, the experts reached in conclusion that the diet program abundant with magnesium, potassium, calcium, fiber, and protein could substantially lower down the high blood pressure. Moreover, the research recognized the fact a diet full of fruits, greens, and reduced in fats may reduce the danger of hypertension. Furthermore, the diet has a minimal period of time to exhibit the desired outcomes. The DASH diet centers around three major elements or vitamins like magnesium, potassium, and calcium. These vitamins are identified for lowering high blood pressure. Depending on research document, a standard 2000 calorie diet has around 500 mg of magnesium, 1.2 mg of calcium, and 4.7 mg of potassium. Applying and adhering to a DASH diet is rather easy and simple, because it requires quite less time in preparing the foods. Not merely will be the person necessary to avoid foods full of cholesterol, but also increase the usage of greens, cereals, and...

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