



Dash Diet: A Complete Beginners Plan To Lower Blood Pressure, Lose Weight and Boost Your Metabolism (Dash Diet, Low Salt)

Natasha D. Norman

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The basic aim of writing this cookbook is to make people understand the effective use of sodium in order to lower high blood pressure (BP) and to reduce hypertension.

Nowadays, numerous people in the world are suffering from excess weight, high BP and hypertension. In addition, what makes the situation more threatening it is that without proper treatment and care, it can turn into severe health problems like strokes, kidney failure and heart attack. Taking that into account, the DASH diet approaches eating habits that prevent high blood pressure, hypertension and increase metabolism.

The DASH diet plan also encourages those people who are suffering from excess body fat and want to shed some extra pounds. The plan included fruits, vegetables, low fat and low sodium products.

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