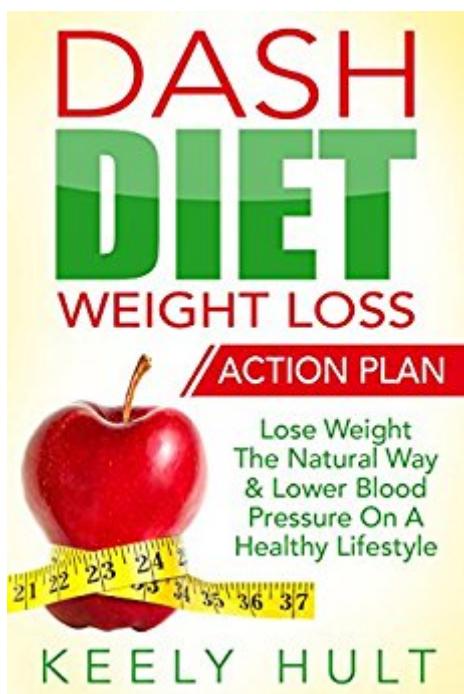


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# **Flat Belly: Dash Diet Weight Loss Action: Lose Weight The Natural Way & Lower Blood Pressure On A Healthy Lifestyle (Flat Belly, Dash Diet Weight Loss ... Diet For Weightloss, Dash Diet Cookbook)**



## Synopsis

How can you still enjoy your food everyday whilst losing weight fast, maintaining a healthy weight long-term, filling yourself with lasting energy, lowering blood pressure, keeping healthy and fighting off diseases at the same time? Let me tell you about the diet that is so much more than just an effective weight loss plan. When you think of dieting the first thing that comes to mind is all the things you're going to miss, those bad things that you just can't help but love! Breaking these old habits seems hard but it really doesn't have to be, because eating healthier should never mean compromising your love for food, eating is supposed to be fun and it's supposed to be good for us! The Dash Diet focuses on including delicious and satisfying meals all day that are full of lasting energy and will keep you lean, healthy, happy and far from deprived. Not feeling deprived alone is a key element in the process of losing weight as this will stop you from 'falling off the wagon'. Just eating the right foods in the DASH Diet is enough for you to start noticing the pounds you're shedding, usually after just a few weeks. Don't rule out exercise of course but it is true what they say, you can't outrun a bad diet! What's more is the DASH Diet will also significantly help you to reduce your blood pressure and bad cholesterol. Taking a lifelong approach to maintaining a healthy blood pressure reduces risks of serious health problems such as stroke and dementia drastically and so this diet is not only good for us but is vital for ensuring a long and healthy life. This book will have you focusing on a diet of fruits, vegetables, low fat dairy, whole grains, poultry, fish, nuts, and lean meats and is low in fat, red meats, sugar and processed foods. The overall health benefits have lead to the DASH Diet being crowned the #1 Overall Diet for 6 years running by US News & World Report and outranking big contenders such as the popular Weight Watchers diet plan. With the DASH Diet you'll be watching your weight go down while your health goes up! Inside this book you will find:

- The health benefits you will enjoy on the diet
- How the diet helps with weight loss
- How to get essential proteins from the right sources to maintain a healthy weight
- How high fibre curbs your appetite and helps to manage cravings
- How to gradually introduce more fibre into your diet so your body can adjust easily
- Tips for switching to the diet and implementing it to become a part of your life
- Food groups included + foods to avoid
- Shopping list & nutritional facts to look for
- A weekly meal plan to
- How to plan your week to best suit you and keep yourself on track
- 50 recipes including breakfast, lunch, dinner, desserts, snacks and drinks

In the Dash Diet Weight Loss Action Plan you will not only discover all the tools needed to implement this diet but I have laid it out in an easy to follow format so you can read through quickly, gather all the tips you need and fill yourself with motivation to get your healthier future started right away. Let today be the day you say yes to taking action on your

weight and your health to start seeing positive results in your life. Because once your health improves, so does your world! Currently on limited promotion for only \$0.99!Tags: Dash Diet, Dash Diet for Weight Loss, Dash Diet Action Plan, Dash Diet for Beginners, Dash Diet Cookbook, Dash Diet Recipes, Dash Diet Weight Loss Solution

## **Book Information**

File Size: 1361 KB

Print Length: 129 pages

Simultaneous Device Usage: Unlimited

Publication Date: January 28, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01B8IZUKM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #442,657 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #98 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Heart Healthy #237 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #1808 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Weight Maintenance

## **Customer Reviews**

Some people who are very overweight are looking for ways to quickly lose their unwanted weight. This book shows that the DASH diet is just right for them. This diet makes you eat healthier meals and correct portions to enable weight loss while reducing hypertension. You can basically eat all you normally do but with the twist of the DASH scheme. The recipes in the book are delicious (I tried one of the hamburger recipes) and I must say that they are tasty. I really do not need to lose weight, but those who do should try them. I think this book will go a far way in helping many people become healthy again. Just for the sake of your health, if you are overweight and have issues with your blood pressure, I would recommend that you try the recipes and see if they work for you.

I'm always curious to learn about specific diets and also what delicious recipes they might have

to offer. I was pleasantly surprised to learn that unlike most diets out there the Dash Diet doesn't restrict food groups. In fact the Dash Diet is pretty much a guide to overall healthy eating: low sodium, moderate fat, high fiber, which is the type of diet I generally try to follow. This book does a great job of explaining all of the benefits and gives tips on how to follow and stick to this healthy eating plan. The many recipes included are simple and very flavorful and each one comes with detailed nutritional info.

Hypertension has been increasingly predominant these days most especially with the kind of food people are consuming nowadays. With fast food chains dominating the food industry, more and more people are having a high risk of hypertension which could possibly lead to other serious complications such as stroke or heart attack. This book is a great guide in helping you watch over the food you intake daily. It will take into account the amount of sodium limit that your body should not exceed.

Dash Diet is a cook book that guides you on what kind of food to eat in the right proportion, it has a whole lot of Dash Diet recipies with excellent shopping list on what type of food to buy or avoid, a weekly meal plan to promote good health. With a book like this, you can provide the body system with all the vital nutrients it needs to perform well. You can achieve a healthy life style meaning a healthy weight, normal blood pressure which inturns goes a long way to prevent other illhealth such as diabetes, stroke, cancer, heart disease. I really want to appreciate the author for this good book because it will go a long way to help over weight individual get back in shape and i think you should for it

I started this diet not to lose weight but to lower BP. The author does an incredible job describing the Dash diet and its characteristics and why the DASH diet is so useful. I bought this book as a guide to help me make better choices in my diet, on a daily basis. The recipes show us that eating Healthy doesn't have to be boring and tasteless even when you have high blood pressure.

Great introduction to the Dash Diet, this book tells you about the foods allowed in this diet from fruits and vegetables to dairy, meats and even seasoning. It also talks about the how to stay to motivated and avoid cravings. I really like that it has a weekly plan that has easy to find ingredients and that the recipes listed in the book seem to be easy to be done even by someone with not a lot of kitchen skill (like me). Also really like that the nutrients are broken down in each recipes.

Iâ™ve been on a diet book search lately, but donâ™t want to spend lots of money on diet books; this one is a great deal! It shares certain foods that would have less sodium content but still delicious! I love my food to taste like something hence sometimes I might overdo it with the salt. Itâ™s a great read if you want to live long and healthy without complications! Dash stands for âœdietary actions to stop hypertensionâ•.

The Dash Diet has been used to treat medical conditions such as high blood pressure by reducing the amount of sodium in oneâ™s diet. This diet is a research based diet that is proven to also help reduce high cholesterol and to even help improve insulin sensitivity. There are a lot of kinds of diet in the market nowadays which keeps on competing on which plan is effective. Well, I had to choose accurately to be able to achieve the desired shape that I dream. But I think this one would be worth a try.

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