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# **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 FOR BEGINNERS**

Quick and Easy Steps to Lose Weight  
in 14 Days with DASH Diet



EMMA FISHER



## Synopsis

Emma S. Fisher has found the secret to today's most popular and most successful diets. Fisher addresses the main issues that most beginners face when attempting to diet, such as the inability to starve oneself, or the lack of knowledge about a diet -will cause failure to become healthy and lose weight. Fisher introduces a revolutionary diet that was formulated by various health experts in the US -the Dietary Approach to Stop Hypertension, or what is commonly known as DASH Diet. This meal plan is endorsed by many health institutions and is recognized as the "Best Diet" by the US News & World Report for five years in a row. DASH Diet aims to address health problems related to poor diet and obesity such as high blood pressure, diabetes, and more. Contrary to many fad diets today, this diet will encourage you to still eat healthy and delicious meals and still help you lose weight; even if you're just 14 days in the diet! This book will continue to describe DASH Diet, including the categories below: What DASH Diet is all about How can DASH Diet help you lose weight in 14 days Foods that are included in the DASH Diet menu Proper food portions in the DASH Diet The Dos and Don'ts of the DASH Diet Delicious and irresistible DASH Diet recipes for breakfast, lunch and dinner Let this book be your guide as you begin living and eating healthy!

## Book Information

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## Customer Reviews

Most honest diet book I have ever read, it goes right to the point as every book should go to, it doesn't have all that mumble jumble about vitamins, vegetables, and all that. No, the author encourages you to eat healthy and this book contains a lot of recipes about how to cook some special meals but with fewer ingredients so you don't have to buy a lot of things, it keeps it simple and still works. I highly recommend the section of "the Do's and Don'ts" as there is a lot of helpful information about what you can eat in a daily basis according to your routine so you don't have to overthink about what to make for dinner. This is a really nice book and it should provide a lot of people with recipes to keep (or start) a more healthy life.

DASH Diet for Beginners isn't like most "diet" books that spend the first half of the book going over what vitamins you need and how important they are for you. We know this information and sometimes it is overkill in the books that are out there. Emma Fisher starts out explain how this book came about, then she explains how the diet works, and finally she gives some simple "Do and Don'ts". The last part of the book contains recipes with detailed instructions on how to make the meal. Emma's recipes do not require you to buy a lot of ingredients you don't already have on hand. She teaches you how to take what you have and make a healthier meal that will taste good. I am looking forward to making the stir-fries that are outlined in the book.

Dash Diet for beginners is a short but informative read. It was interesting to read the positives for trying this diet out and certainly would recommend to others that had some of the health problems addressed that relate to poor diet and obesity such as high blood pressure, diabetes and more. Unlike some of the fad diets out there this diet is supposed to encourage to still eat healthy and delicious meals but still help you lose weight even if you're just 14 days in the diet. The book is only about 52 pages long and the beginning is informative explaining what it's all about and the do's and don'ts. I couldn't do this diet myself but I'd be happy to recommend to family members who have some of the health conditions mentioned. I liked that there was several recipes included at the back and some looked very tasty. All in all I think this could be a helpful little book to someone that wants to try something that will help them improve their health and lifestyle.

I need to lose some pounds so I got this book. I like that the dash diet was explained clearly on how it works to make one lose weight. Aside from the yummy healthy recipes, I especially love that there is a meal plan towards the end of the book. The author does an incredible job describing the Dash diet and its characteristics and why the DASH diet is so useful. So much worth recommending

recipe book!

This is an easy book to read. The author is sensible about American eating habits, and gives useful suggestions. It is an easy book to skim as needed, or to read cover to cover. I am not dietitians or nutritionists so I can't speak on the actual medical benefits, but I will review the book based on it's content. The book was very easy to understand. After a quick introduction you are given a sample menu to show you what your meals should be looking like...and I can say, this is not a starvation diet! I'm a picky eater and I would say that I would eat the majority of recommended items.

10.00 for a pamphlet? NOTE TO ALL BEGINNERS ON THE DASH DIET -- this is a booklet, not a book. The information in this book is out of date, incorrect, and vague. You are basically purchasing a small booklet of recipes. The construction of the booklet is poor. You can't even open the pages fully without creasing and ripping the glue bind. If you do a Google search on the DASH Diet, you can download lots of current information. Go to [...]

I tried a few recipes from the content and they all tasted really good. Some are even better the other recipes of the same dish I've tried before. I enjoyed reading this one! It's the best book when it comes to dash diet. This is a complete guide to healthy lifestyle. The books are very well-written and the steps are crystal clear. This guide has a step by step guide that is easy to follow the correct dash diet to follow. I learned from this guide the how to cook fruits and vegetables on how to obtain the most important nutrients from them. Great book!

Obesity rate are rising around the world, but in US-we are the sixth highest rate of obesity in the world. Obesity leads to problems such as high blood pressure, diabetes, and more. Contrary to many fad diets today, this DASH diet is a great natural way to treat such problems, it's encourage us to still eat healthy and delicious meals and help us lose weight. This book has tons of yummy DASH diet recipes. The recipes are easy to prepare and also mouth-watering and I am looking forward to trying more recipes.

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