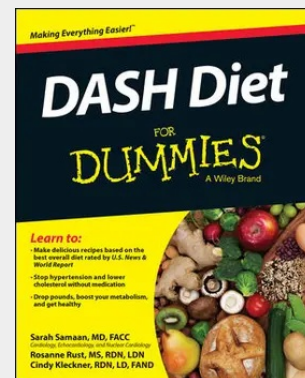


DASH Diet for Dummies

Lower your blood pressure in just two weeks with the #1 rated diet When high blood pressure becomes chronic, it's called hypertension--a condition that affects 970 million people worldwide, and is classified by the World Health Organization as a leading cause of premature death. While medications can help, nothing beats dietary and lifestyle modifications in the fight against high blood pressure, and the DASH diet is a powerful tool in your arsenal. Focusing on lowering sodium intake and increasing fiber, vitamins, and minerals can help lower your blood pressure in as little as two weeks. It's no wonder that the DASH Diet is ranked as the number 1 diet for three years in a row and is endorsed by the American Heart Association, The National Heart, Blood, and Lung Institute, and The Mayo Clinic. DASH Diet for Dummies is your ultimate guide to taking control of your body once and for all. Originally conceived to alleviate hypertension, the DASH Diet has been proven effective against a number of conditions including Type 2 diabetes, metabolic syndrome, PCOS, weight loss, and more. DASH Diet for Dummies contains all the information you need to put the diet into practice, including: * Over 40 DASH-approved recipes, including meals, snacks, and desserts * 100+ DASH-approved foods, including meats, seafood, sweets, and more * Tips for navigating the grocery store and choosing healthier fare * A 14-day Menu Planner to help you get started today The DASH Diet is built upon the principles of healthy eating and getting the most nutritional bang for your buck. Doctors even recommend DASH to their healthy patients as an easy, stress-free way to adopt the food habits that will serve them for life. DASH Diet for Dummies is your roadmap on the journey to good health, so get ready to start feeling better every day.

Learn to: * Make delicious recipes based on the best overall diet rated by U.S. News & World Report * Stop hypertension and lower cholesterol without medication * Drop pounds, boost your metabolism, and get healthy The easy way to lower your blood pressure in just two weeks Want to take charge of your health? You've come to the right place. Originally conceived to alleviate hypertension, the DASH Diet has been proven to lower blood pressure and cholesterol levels, and improve overall cardiovascular health. DASH Diet For Dummies contains everything you need to put this #1-rated diet into practice today. * Take heart - find out how cholesterol affects the arteries and learn how DASH helps lower your risk of heart disease and stroke * DASH your way to better health - figure out if the DASH Diet is a good fit for you, establish new lifestyle routines, set and track dietary goals, and prepare for obstacles * Weigh your options - get to know some of the health problems associated with being overweight, determine your BMI, and use DASH to reach a healthy weight * The DASH difference - trace the history of DASH, grasp how it was developed, and understand why it's more than just another trendy diet * The more you know - discover the relationship between DASH and sodium intake, look at other diets similar to DASH, and get to know the positive effects of DASH Open the book and find: * What sets the DASH Diet apart from others * How to boost your health and keep your taste buds happy * The correct amount of sodium you should consume daily * Serving guidelines for each component of DASH * Proven ways to lessen the risk of heart disease and stroke * How the DASH Diet can help you lose weight * Five tasty salt-free flavor enhancers



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