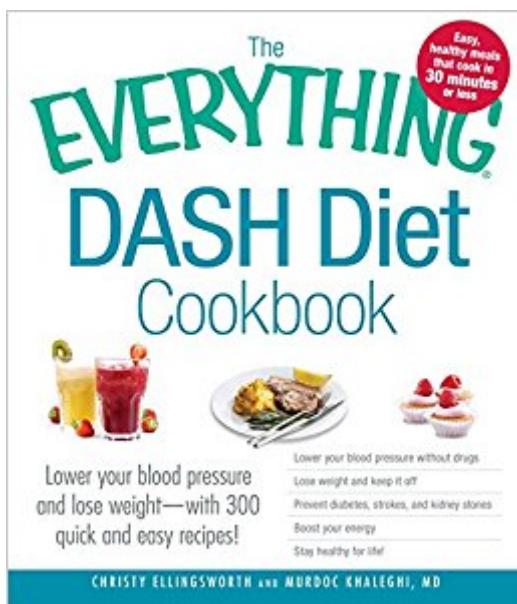


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# The Everything DASH Diet Cookbook: Lower Your Blood Pressure And Lose Weight - With 300 Quick And Easy Recipes! Lower Your Blood Pressure Without ... Boost Your Energy, And Stay Healthy For Life!



## Synopsis

Take care of your heart and your waistline! Studies show that the DASH (Dietary Approaches to Stop Hypertension) diet, rich in fruits, vegetables, and low-fat dairy products, can help lower blood pressure in just fourteen days! It is also one of the smartest and healthiest ways to lose weight and curb diabetes risk; all without the use of medications. The Everything DASH Diet Cookbook contains 300 recipes; all made in 30 minutes or fewer, including: Maple Walnut Scones, Ahi Tuna with Grape Tomato Salsa, Philly Cheesesteaks, Asparagus, Swiss, and Ricotta Frittata, Pumpkin Whoopie Pies. The DASH diet is not a quick-weight-loss, trendy diet. It's a new way of eating that can change your life. And the easy-to-make meals won't leave you feeling deprived; of taste or time.

## Book Information

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## Customer Reviews

Christy Ellingsworth is a food writer, recipe creator, and founder of The Daily Dish (<http://thecookierecipe.com>), a food blog that provides low-sodium, heart-healthy recipes to thousands of daily readers. She lives in Portland, ME.

The dash diet is probably the best diet to follow for gaining heart health, controlling cholesterol, and blood sugar levels of diabetes. The recipes are easy to follow and remarkable good when you aren't sure what your dr. means when he says "no salt, no sugar, no fats". This book shows you it can

work doing without all of that and using substitutes offered.

I preordered this cookbook as soon as I learned it was available to do so. Like one of the authors, Christy Ellingsworth, I was also diagnosed with Miniere's. Current treatment along with meds is being on a low-sodium diet. I am always on the lookout for tasty low-sodium recipes, and I know from previous experience with another cookbook of Christy's that this book would deliver. I miss certain foods like Chinese because the sodium content-due mainly to soy sauce-prevents me from enjoying it. Low and behold, a recipe for Faux Soy Sauce! Christy and Dr. Khaleghi have brought taste and good nutrition back to my food! This cookbook is sure to be a lifesaver in more ways than one! I can't wait to try every recipe!

Many wonderful recipes. Loved the section on making salad dressings, sauces and seasonings. I wish there would have been more Main Dish recipes.

There are a lot of suggestions for breakfast, lunch and dinners. They are easy healthy meals you can prepare in about 30 minutes. I will be using this cookbook a whole lot.

Awesome book so far! I love the easy to find topics!

I love this book. It has helped me with the diet. It is hard to find cookbooks that help out with not using salt and this one does with great tasting recipes.

Great recipes & I really did lower my blood pressure good stuff - the Saturday morning pancakes are really really really good better than anything you can buy in a box

good simple recipes with ingredients that you normally have on hand. like all cookbooks have adapted to fit my lifestyle

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