



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!

By Christy Ellingsworth, Murdoc Khaleghi MD

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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.

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Editorial Review

About the Author

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

Users Review

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