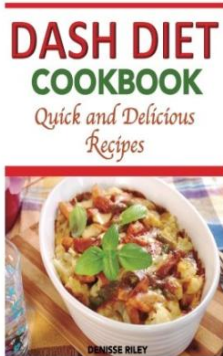


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## DASH DIET COOKBOOK: QUICK AND DELICIOUS RECIPES



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Dietary Approaches to Stop Hypertension or DASH diet is designed to help lower one s blood pressure wherein it specifically follows a low-sodium prerequisite. However, the DASH diet does not only limit salt but it also involves on lowering the intake of cholesterol and saturated fat. By doing so, this type of diet will...

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- Authored by Denisse Riley
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