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*Renee Sanders*

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# **DASH Diet Bundle: 4 in 1 Boxed Set: DASH DASH Diet for Vegetarians + DASH Diet Smoothies + DASH Diet Slow Cooker Recipes + DASH Diet in 15 minutes**

*Renee Sanders*

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## **DISCOVER: How to reduce your weight & control your blood pressure naturally using DASH Diet in this 4 in 1 Book Bundle!**

*Worried about your ever increasing Blood Pressure? Looking for ways to lower and maintain your blood pressure? Fed up of depending on medications to improve your health? Stressed out about contracting cardiovascular diseases or diabetes because of hypertension? Not sure how to reduce your body weight without going on a crash diet? **DASH Diet is the solution***

## **Benefits of following the DASH (Dietary Approaches to Stop Hypertension) Diet**

For the 5th year in a row, DASH Diet has been ranked as the #1 diet among the 35 diets evaluated and ranked by US News & World Report. Studies sponsored by the National Heart, Lung, and Blood Institute (NHLBI) have proven that DASH diet reduces high blood pressure, which in turn lowers the risk of developing cardiovascular disease. This diet has also helps in weight loss and reduces the risk of heart strokes, osteoporosis, several types of cancers, kidney stones and diabetes, thereby making it the ideal diet for everyone.

Unlike other diet plans, DASH diet is very easy to follow as it does not suggest any special foods to be consumed. By making small changes to your normal diet and the cooking methods, you can easily follow the guidelines of this diet. This dietary goal can be achieved by combining fresh fruits and vegetables, low fat and non-fat dairy products, nuts, legumes and whole grains in the daily diet and also by controlling your intake of sodium.

## **DOWNLOAD: DASH Diet Bundle: 4 in 1 Boxed Set which includes the following 4 Bestselling books**

1. DASH DASH Diet for Vegetarians

2. DASH Diet Smoothies
3. DASH Diet Slow Cooker Recipes
4. DASH Diet in 15 minutes

### Here Is A Preview Of What You'll Learn in this book...

- What is the DASH Diet?
- Guidelines to be followed while DASH Dieting
- **295 Delicious Vegetarian Low Sodium recipes that include**
- Soup Recipes like Green Broccoli Soup, Roasted Red Pepper Soup
- Salad Recipes like Pineapple Cucumber Salad, Spinach Salad with Berries
- Breakfast Recipes like Chia Seed Porridge, Apple Pie Quinoa Casserole
- Appetizer Recipes like Avacado Dip with Tortilla, Spicy Tomato Crostini
- Main Dish Recipes like Stuffed Eggplant, Mango Salsa Pizza
- Dessert Recipes like Sautéed Banana with Caramel Sauce, Peach Crumble
- Smoothie Recipes like Strawberry Smoothie, Raspberry Oats Smoothie
- Slow Cooker Recipes like Sweet Potato Casserole , Donut Bread Pudding , etc.**FREE Access to the Audio Book of Blood Pressure Solution**

## Includes **FREE BONUS: 7 Day Vegetarian Meal Plan for DASH Diet!**

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