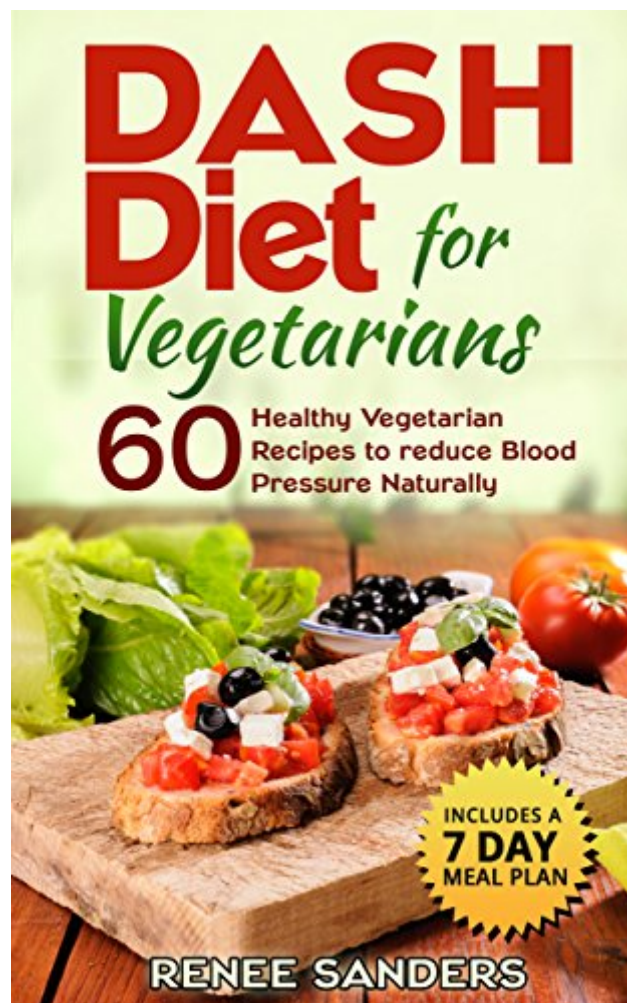




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Dash Diet: Dash Diet For Vegetarians: 60 Healthy Vegetarian Recipes To Reduce Blood Pressure Naturally (DASH Diet Cookbooks)



Synopsis

DISCOVER: How to reduce your weight & control your blood pressure naturally using DASH Diet! 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 cardio vascular 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.

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Customer Reviews

I am a vegetarian now for how many years and since then I never stop collecting health books & recipes in order for me to experience and taste other delicacies. I got this book out of curiosity as to what Dash diet do, and I may say wow...I learned so many things, new information about diet, as to what foods that needed to be avoided or reduced. Aside from all that information, the mouth-watering healthy recipes are what I love most. I just want to say thank you for the author for providing a photo for every recipes. All the best for this book

I can't find the included 7 Day Meal Plan. I had trouble accessing to the FREE Dash Hamper (<http://dietcookbooks.co/dashdiet/>) Disappointed!Update(May 4, 2015): If I remember aright, I somehow contacted via email. Eventually I got its reply that said it was the author's responsibility to take care of the connectable link. Shortly the author did notice my comment and emailed me with the downloadable link. Finally I could print the 7 Day menus and shopping list.

I LOVE this book! I've been a vegetarian for 40 years, and although I have no blood pressure problem, I do have a problem with coming up with new and inventive recipes. This book solves that problem. Just the pictures alone are worth it. I can't wait to jump into some of the main courses and try several of the soups. I have a left over pumpkin from the holidays that should be perfect for the pumpkin soup concoction. The pear and walnut breakfast spread is delicious. Yep, if you're into healthy eating, you'll love this book!

The Dash Diet for Vegetarians will help you easily to cook a variety of healthy and delicious foods. I am a hobby chef and I love to cook, so I have been reading many books about different diets, but the recipes in this one are really outstanding. It is very easy to cook the dishes and the results are just super delicious and nutritionally well balanced, which will provide many many advantages. Thanks to the author to providing such tremendous value!

Dash Diet for Beginners is a quality guide that explains the basics straight up about this heart healthy diet. I have studied this eating strategy extensively and feel this guide does a nice job explaining the benefits and basic concepts of dash diet eating. The author writes in a logical order with smooth tone and references for backup. This just helps with credibility. Bottom line is I think if you are curious about this diet plan to lose weight and get healthy, then you need to buy this book!

Without much effort, I lost 40 lbs. in six months just by following the principles of the DASH Diet for Vegetarians! Some good recipes in this book, too. And I would not call this a "diet." It helped me completely change the way I eat; I'll be eating this way for the rest of my life.

I'm someone who really enjoys trying different diets lately. I decided to purchase this book because I'm interested in finding out more about the dash diet for vegetarians. this book contains a wealth of information for those getting started in the Dash diet while staying vegetarian. I feel very comfortable recommending this book to others who are looking for this.

These DASH books have no page numbers and therefore no real index. The recipes aren't on separate pages but run together from one page to the next, so the title of a recipe may be on the previous page, there are numerous spelling errors and typos, and a great many word and quantity omissions.

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