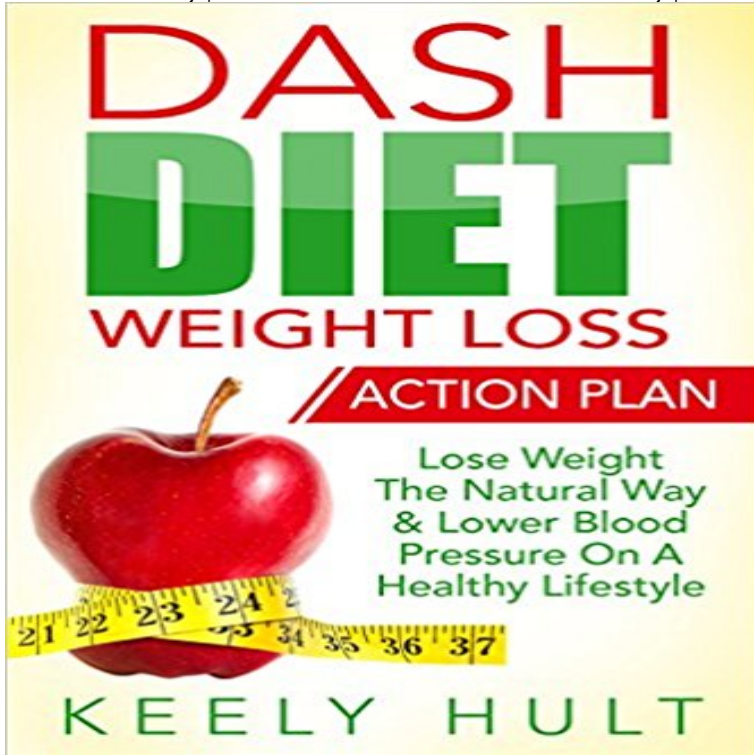


## Flat Belly: Dash Diet Weight Loss Action: Lose Weight The Natural Way & Lower Blood Pressure On A Healthy Lifestyle (Flat Belly, Dash Diet Weight Loss ... Diet for Weightloss, Dash Diet Cookbook)



How can you still enjoy your food everyday whilst losing weight fast, maintaining a healthy weight long-term, filling yourself with lasting energy, lowering blood pressure, keeping healthy and fighting off diseases at the same time? Let me tell you about the diet that is so much more than just an effective weight loss plan. When you think of dieting the first thing that comes to mind is all the things you're going to miss, those bad things that you just can't help but love! Breaking these old habits seems hard but it really doesn't have to be, because eating healthier should never mean compromising your love for food, eating is supposed to be fun and it's supposed to be good for us! The Dash Diet focuses on including delicious and satisfying meals all day that are full of lasting energy and will keep you lean, healthy, happy and far from deprived.

Not feeling deprived alone is a key element in the process of losing weight as this will stop you from falling off the wagon. Just eating the right foods in the DASH Diet is enough for you to start noticing the pounds you're shedding, usually after just a few weeks. Don't rule out exercise of course but it is true what they say, you can't outrun a bad diet! What's more is the DASH Diet will also significantly help you to reduce your blood pressure and bad cholesterol. Taking a lifelong approach to maintaining a healthy blood pressure reduces risks of serious health problems such as stroke and dementia drastically and so this diet is not only good for us but is vital for ensuring a long and healthy life. This book will have you focusing on a diet of fruits, vegetables, low fat dairy, whole grains, poultry, fish, nuts, and lean meats and is low in fat, red meats, sugar and processed foods. The overall health benefits have led to the DASH Diet being crowned the #1 Overall Diet for 6 years running by US News & World Report and outranking big

contenders such as the popular Weight Watchers diet plan. With the DASH Diet you'll be watching your weight go down while your health goes up! Inside this book you will find: The health benefits you will enjoy on the diet How the diet helps with weight loss How to get essential proteins from the right sources to maintain a healthy weight How high fibre curbs your appetite and helps to manage cravings How to gradually introduce more fibre into your diet so your body can adjust easily Tips for switching to the diet and implementing it to become a part of your life Food groups included + foods to avoid Shopping list & nutritional facts to look for A weekly meal plan to How to plan your week to best suit you and keep yourself on track 50 recipes including breakfast, lunch, dinner, desserts, snacks and drinks In the Dash Diet Weight Loss Action Plan you will not only discover all the tools needed to implement this diet but I have laid it out in an easy to follow format so you can read through quickly, gather all the tips you need and fill yourself with motivation to get your healthier future started right away. Let today be the day you say yes to taking action on your weight and your health to start seeing positive results in your life. Because once your health improves, so does your world! Currently on limited promotion for only \$0.99! Tags: Dash Diet, Dash Diet for Weight Loss, Dash Diet Action Plan, Dash Diet for Beginners, Dash Diet Cookbook, Dash Diet Recipes, Dash Diet Weight Loss Solution

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