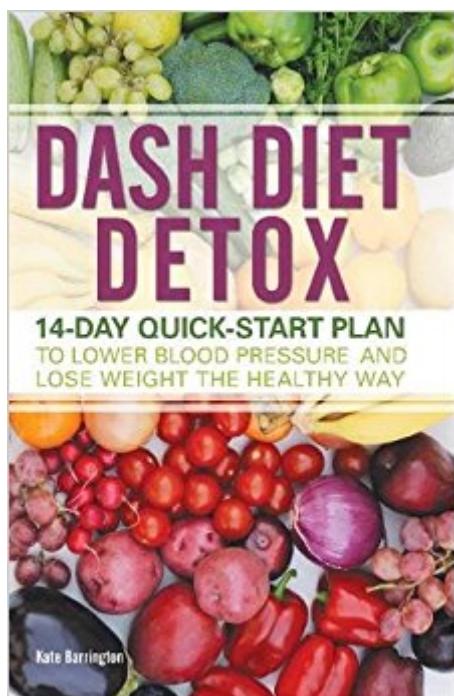


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# **DASH Diet Detox: 14-day Quick-Start Plan To Lower Blood Pressure And Lose Weight The Healthy Way**



## Synopsis

A POWERFUL, EASY-TO-FOLLOW CLEANSE UTILIZING THE SCIENTIFICALLY-PROVEN DASH DIET™ THE #1 OVERALL DIET BY U.S. NEWS & WORLD REPORT FIVE YEARS IN A ROWShedding pounds, lowering blood pressure and detoxing your body have never been easier thanks to the DASH Diet Detox. This helpful handbook offers all the tools you need for a healthy weight loss plan, including: Easy-to-use 14-day meal plans Delicious recipes for every meal Ready-to-go shopping lists Superfood suggestions for natural detoxing Tricks for breaking unhealthy habits Advice on transitioning from detox to diet Drawing from the diet rated #1 overall by U.S. News & World Report five years in a row, the DASH Diet Detox shows you how to quickly lose pounds and start living a healthier life today.

## Book Information

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Very educational book. Wish there were more receipes.

Great book. Easy delivery online. I'm happy

Super recipes, fast delivery....very happy with purchase!

Excellent cookbook!

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