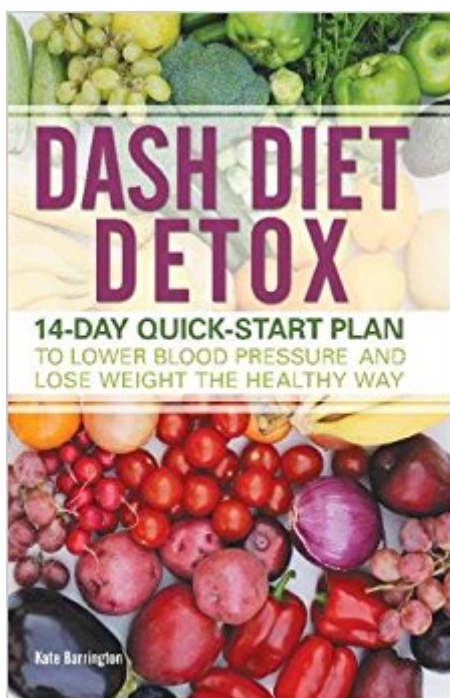


The book was found

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 ROW. Shedding 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

Paperback: 156 pages

Publisher: Ulysses Press; 1 edition (December 22, 2015)

Language: English

ISBN-10: 1612435211

ISBN-13: 978-1612435213

Product Dimensions: 5.4 x 0.7 x 8.4 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #566,392 in Books (See Top 100 in Books) #32 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure](#) #123 in [Books > Cookbooks, Food & Wine > Special Diet > Low Salt](#) #536 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses](#)

Customer Reviews

Juicing for Beginners: The Essential Guide to Juicing Recipes and Juicing for Weight

Loss-Kate-Barrington-9781623152161-9.99-Rockridge Press -1/8/13-3500-Vegan Cookbook for

Beginners: The Essential Vegan Cookbook To Get

Started-Kate-Barrington-9781623152307-9.99-Rockridge Press -1/10/13-2000-

Juicing for Beginners: The Essential Guide to Juicing Recipes and Juicing for Weight

Loss|Kate|Barrington|9781623152161|9.99|Rockridge Press |1/8/13|3500|Vegan Cookbook for

Beginners: The Essential Vegan Cookbook To Get

Started|Kate|Barrington|9781623152307|9.99|Rockridge Press |1/10/13|2000|

Very educational book. Wish there were more recipes.

Great book. Easy delivery online. I'm happy

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

Excellent cookbook!

[Download to continue reading...](#)

DASH Diet: Dash Diet Recipes for Weight Loss, Lower Blood Pressure and Cholesterol Beginners Cookbook (DASH Diet, Lower Blood Pressure, DASH Diet Recipes) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Dash Diet for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood Press w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes) Dash Diet: 365 Days of Low Salt, Dash Diet Recipes For Lower Cholesterol, Lower Blood Pressure and Fat Loss Without Medication (Dash Diet Recipes, Weight ... Diabetes, Low Sodium, Dash Diet Cookbook) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) DASH Diet Detox: 14-day Quick-Start Plan to Lower Blood Pressure and Lose Weight the Healthy Way DASH Diet (2nd Edition): The DASH Diet for Beginners - DASH Diet Quick Start Guide with 35 FAT-BLASTING Tips + 21 Quick & Tasty Recipes That Will Lower YOUR Blood Pressure! DASH Diet: The DASH Diet for Beginners: Quick and Easy Steps to Lose Weight in 14 Days with DASH Diet (Low Fat, Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets) The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without ... Boost your energy, and Stay healthy for life! The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without drugs, ... and Stay healthy for life! (Everything®) DASH Diet: Dash Diet Made Easy - Lose Weight Now and Lower Blood Pressure Painlessly (Dash Diet Cookbook) DASH Diet: The Ultimate DASH Diet Guide to Lose Weight, Lower Blood Pressure, and Stop Hypertension Fast:

DASH Diet Series, Book 2 BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) DASH Diet: Proven Steps To Rapid Weight Loss, Lower Blood Pressure, Lower Cholesterol And Prevent Heart Disease (DASH Diet for beginners, Weight Loss, Boost Metabolism, Healthy) Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1) [DASH Diet Book 2] THE DASH DIET WEIGHT LOSS SOLUTION 2017: Balance Blood Pressure; Reduce the Risk of Diabetes, Be Healthy. (60 DASH Diet Recipes Under 30 Minutes) THE DASH DIET WEIGHT LOSS SOLUTION 2017: Balance Blood Pressure; Reduce the Risk of Diabetes, Be Healthy. [DASH Diet Book 2] (60 DASH Diet Recipes Under 30 Minutes) 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating) Blood Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series Book 2)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)