



## Dash Diet Guide: How I Lowered Cholesterol and Blood Pressure Naturally (Paperback)

By Lisette Copelin

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In regards to learning precisely what is the DASH Diet, there are certainly a few crucial factors that want to be used into account. Since you may know, the ingredients that people eat affect our overall well being. Thus, a diet having dangerous components like cholesterol and fatty foods can be an obvious way to hypertension and different other deadly diseases. However, eating the best ingredients may reduce the danger of creating these serious medical issues. There is a particular diet program that is made to reduce high blood pressure or hypertension. This kind of diet program is called the DASH Diet. The DASH Diet is advised through the scientific studies completed from the experts of NHBL institute. After thorough evaluation and through medical assessment, the experts reached in conclusion that the diet program abundant with magnesium, potassium, calcium, fiber, and protein could substantially lower down the high blood pressure. Moreover, the research recognized the fact a diet full of fruits, greens, and reduced in fats may reduce the danger of hypertension. Furthermore, the diet has a minimal...



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