



## The DASH Diet for Hypertension: Dietary Approach to Stop Hypertension

By Thomas J. Moore

Simon & Schuster. Paperback. Book Condition: new. BRAND NEW, The DASH Diet for Hypertension: Dietary Approach to Stop Hypertension, Thomas J. Moore, The DASH diet represents a major breakthrough in modern medical science. The simple but precise DASH diet formula dramatically lowers blood pressure and thus provides an effective treatment for one of the most common and deadly diseases in the western world, hypertension. It is just as effective as a typical drug for hypertension. And it works in young and old, male and female, and all ethnic groups In addition to significantly lowering blood pressure naturally and without drugs, the DASH diet is consistent with diets currently recommended to reduce the risk of cancer, heart disease, stroke and osteoporosis. It was also scientifically proven to improve the way a person feels. The unique feature of the DASH diet is that it is high in fruits, vegetables, and low-fat dairy products (all typically underrepresented in the American diet), and also that it uses these foods in the right combinations. The book includes sections on how to follow the DASH diet to lose weight, on combining DASH with salt reduction for even greater blood pressure reduction, and on simple but effective...



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