

The Dash Diet Weight-Loss Plan: Ranked #1 Best Diet Overall by U.S. News World Report 7 Years in a Row (Paperback)



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Reviews


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(Spencer Fay)*

THE DASH DIET WEIGHT-LOSS PLAN: RANKED #1 BEST DIET OVERALL BY U.S. NEWS WORLD REPORT 7 YEARS IN A ROW (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Dash Diet is Ranked as The Number#1 Best Diet. The Dash Diet has more research backing it up than any other diet plan on the planet. The truth is the Dash diet is one of the most well-researched diets of all time. It s endorsed by the National Institutes of Health, the American Heart Association and the Mayo Clinic to name just a few. US News And World Report voted the Dash Diet best overall. Based on some very strict criteria. They looked at how easy it is to follow. How nutritious it is. How safe it is. And how effective it is over the long term. At not only taking the pounds off -- but keeping them off. The Dash Diet topped the list -- 7 years in a row. The medical community knows it works. And now, you do too. There s absolutely no reason to be skeptical about following this diet. since it s mostly just real food that you probably have in your kitchen right now. And it just plain works. The Dash Diet can help you begin losing weight in days. And unlike fad diets. The Dash Diet is safe and surprisingly easy to follow. At last, you can finally start to lose those unwanted pounds and keep them off. The Dash Diet involves choosing from real foods that you can get in any supermarket. Quite simply. it s a balanced diet with healthy food groups that your body needs. You can even eat desserts on the Dash Diet. So whether you ve had weight loss surgery or you re just slightly overweight or you re morbidly obese this diet will work for you. The one...

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