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DASH Diet For Dummies

By Sarah Samaan, Rosanne Rust, Cynthia Kleckner, Consumer Dummies

John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, DASH Diet For Dummies, Sarah Samaan, Rosanne Rust, Cynthia Kleckner, Consumer Dummies, Lower your blood pressure in just two weeks with the #1 rated diet When high blood pressure becomes chronic, it's called hypertension-a condition that affects 970 million people worldwide, and is classified by the World Health Organization as a leading cause of premature death. While medications can help, nothing beats dietary and lifestyle modifications in the fight against high blood pressure, and the DASH diet is a powerful tool in your arsenal. Focusing on lowering sodium intake and increasing fiber, vitamins, and minerals can help lower your blood pressure in as little as two weeks. It's no wonder that the DASH Diet is ranked as the number 1 diet for three years in a row and is endorsed by the American Heart Association, The National Heart, Blood, and Lung Institute, and The Mayo Clinic. DASH Diet for Dummies is your ultimate guide to taking control of your body once and for all. Originally conceived to alleviate hypertension, the DASH Diet has been proven effective against a number of conditions including Type 2 diabetes, metabolic syndrome, PCOS, weight...



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