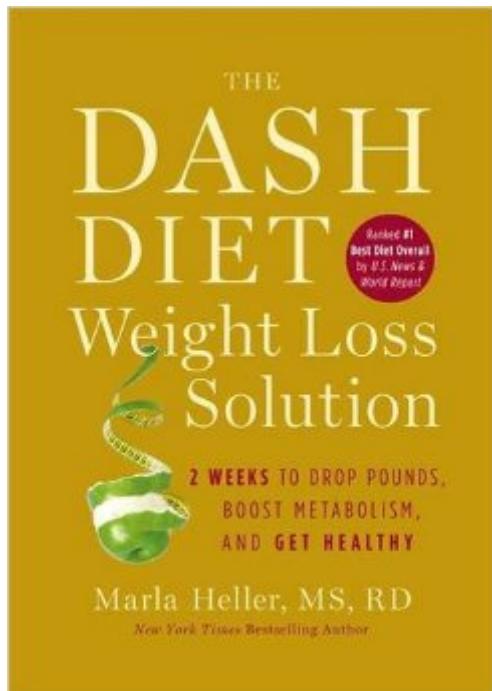


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# The Dash Diet Weight Loss Solution: 2 Weeks To Drop Pounds, Boost Metabolism, And Get Healthy



## **Synopsis**

THE NEW YORK TIMES BESTSELLER--BASED ON THE DIET RANKED "#1 BEST DIET OVERALL" BY US NEWS & WORLD REPORT--FOR 6 YEARS IN A ROW!The DASH diet isn't just for healthy living anymore--now it's for healthy weight loss, too. Using the newest DASH diet research, bestselling author, foremost DASH dietitian and leading nutrition expert Marla Heller has created the most effective diet for quick-and lasting-weight loss. This is the only book to bring you the latest updates for the DASH diet, integrated with the latest weight loss research, which work synergistically to maximize results. This effective and easy program includes menu plans, recipes, shopping lists, and more. Everything you need to lose weight and get healthy!Readers will enjoy a diet rich in fruits, vegetables, low-fat and nonfat dairy, lean meats/fish/poultry, nuts/beans/seeds, heart healthy fats, and limited amounts of whole grains. Banished are the empty calories from refined grains and added-sugars. The result: improved metabolism, lower body fat, improved strength and cardiovascular fitness--with the diet plan proven to lower cholesterol and blood pressure without medication, and without counting calories!Superior to the original DASH diet for heart health and turbocharged for weight loss.Â

## **Book Information**

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## **Customer Reviews**

I am a 67 year old, diabetic for twenty-five years, over-weight, woman with hypertension who recently found I had four blockages in two main arteries, and subsequently needed four stents inserted to combat an immediate heart attack. I have attempted to lose weight on everything that has come down the pike over the last fifty years including the Stillman Diet, Nutri System, Atkins,

Weight Watchers (four times!), Mayo Clinic (?) Diet, Hard-Boiled Egg and Grapefruit Diet, a diet doctor who gave me thyroid meds and told me to eat chicken and broccoli once a day (which gave me numerous medical problems in the long-run), every powdered diet drink available, well-known packaged meal plans, etc. I finally just gave up. Fear of imminent death from more blockages and the high blood pressure caused me to do a little research and I came up with the Dash Diet being voted best diet plan three years in a row. I ordered Marla Heller's book, The Dash Diet Weight Loss Solution, and when I tell you that this is the first diet I ever saw that actually had my favorite food - cheese - on it, I wanted to dance. I did the Phase I Section and lost over ten pounds. I am now in Phase II, and have lost a total of eighteen pounds, adding some carbs which scared me as my blood sugar readings have been in the 90's and very low 100's, but they have remained low because I am eating the right carbs in the right amounts! Have not had my HbA1C done since I was on it, but am very excited for the next three month lab test. I am full and satisfied, and love the choice of foods and snacks. This isn't a diet where you need to chart everything. The menus are clear and you pick and choose what you want. It's a win-win situation and I thank God I found this.

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