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# DASH Diet Plan: Your Guide To Lowering High Blood Pressure (2nd Edition)



## Synopsis

DASH Diet Plan: Your Guide to Lowering High Blood Pressure (2nd Edition) is already fixed the printed plan issue and all new tables and plans are changed for easy reading. Introduction; Research has found that diet affects the development of high blood pressure, or hypertension (the medical term). Recently, two studies showed that following a particular eating plan – called the DASH diet – and reducing the amount of sodium consumed lowers blood pressure. While each step alone lowers blood pressure, the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure.

## Book Information

Paperback: 104 pages

Publisher: CreateSpace Independent Publishing Platform; 2 edition (September 11, 2012)

Language: English

ISBN-10: 1479297437

ISBN-13: 978-1479297436

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

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