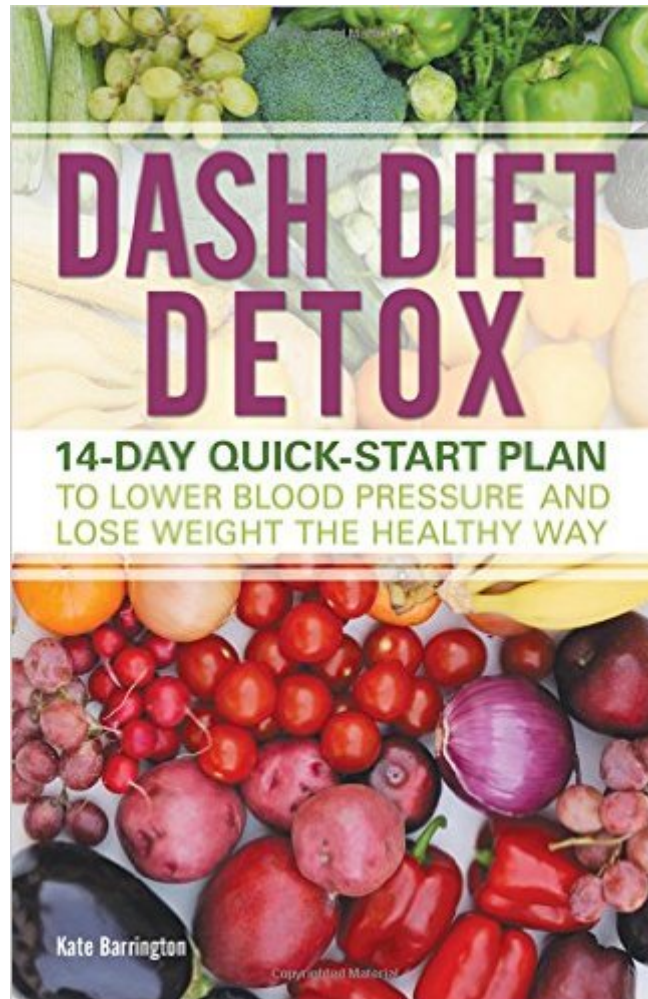


The book was found

DASH Diet Detox: 14-day Quick-Start Plan To Lower Blood Pressure And Lose Weight The Healthy Way



Synopsis

A POWERFUL, EASY-TO-FOLLOW CLEANSE UTILIZING THE SCIENTIFICALLY-PROVEN DASH DIET; THE #1 OVERALL DIET BY U.S. NEWS & WORLD REPORT FIVE YEARS IN A ROW. Shedding pounds, lowering blood pressure and detoxing your body have never been easier thanks to the DASH Diet Detox. This helpful handbook offers all the tools you need for a healthy weight loss plan, including: • Easy-to-use 14-day meal plans • Delicious recipes for every meal • Ready-to-go shopping lists • Superfood suggestions for natural detoxing • Tricks for breaking unhealthy habits • Advice on transitioning from detox to diet. Drawing from the diet rated #1 overall by U.S. News & World Report five years in a row, the DASH Diet Detox shows you how to quickly lose pounds and start living a healthier life today.

Book Information

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Excellent cookbook!

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