



DASH Diet Detox: 14-day Quick-Start Plan to Lower Blood Pressure and Lose Weight the Healthy Way

Kate Barrington

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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.

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This DASH Diet Detox: 14-day Quick-Start Plan to Lower Blood Pressure and Lose Weight the Healthy Way usually are reliable for you who want to be described as a successful person, why. The explanation of this DASH Diet Detox: 14-day Quick-Start Plan to Lower Blood Pressure and Lose Weight the Healthy Way can be among the great books you must have is definitely giving you more than just simple looking at food but feed you with information that probably will shock your earlier knowledge. This book is handy, you can bring it everywhere you go and whenever your conditions in e-book and printed ones. Beside that this DASH Diet Detox: 14-day Quick-Start Plan to Lower Blood Pressure and Lose Weight the Healthy Way giving you an enormous of experience like rich vocabulary, giving you test of critical thinking that we know it useful in your day pastime. So , let's have it and revel in reading.

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