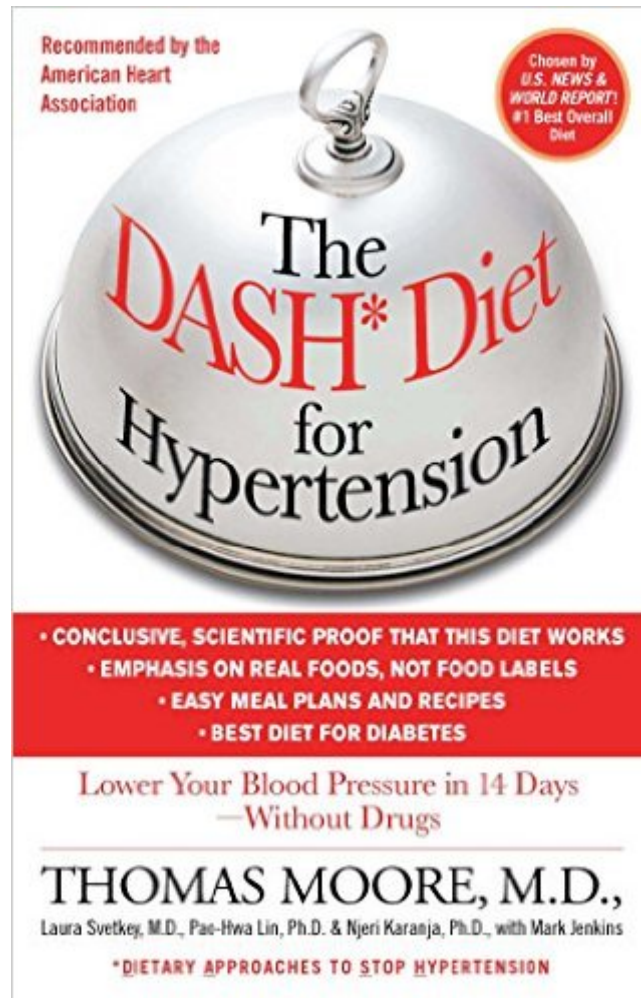


The book was found

# The DASH Diet For Hypertension



## Synopsis

Based on the largest clinical trial of its kind and endorsed by the American Heart Association, the DASH diet is scientifically proven to significantly reduce high blood pressure after only two weeks. IN A 2011 RANKING PUBLISHED IN U.S. NEWS & WORLD REPORT, THE DASH DIET WAS RATED #1 BY A PANEL OF MEDICAL EXPERTS INCLUDING SPECIALISTS IN DIABETES AND HEART DISEASEâTHE BEST OVERALL DIET AND THE BEST DIET FOR DIABETES! More than 50 million Americans suffer from high blood pressure, and most of them control it by taking prescription drugs with potentially dangerous side effects; and nearly 24 million Americans have diabetes. But there is a natural and affordable alternative for managing these potentially deadly conditions, reducing your risk of heart failure, stroke, and kidney disease, and achieving the best health of your life: the DASH (Dietary Approaches to Stop Hypertension) diet. Developed by a world-class team of doctors and nutritionists, the DASH diet gives you:

- â Complete and balanced nutrition for safe short-term and long-term weight loss
- â A scientifically proven approach to managing diabetes and heart disease without prescription medication
- â A hearty and healthful selection of DASH menus, recipes, and grocery lists
- â DASH exercise programs for everyday living
- â Key tools including calorie worksheets and a formula to calculate body mass . . . and much more from this revolutionary program, which is recommended by the American Heart Association; the National Heart, Lung, and Blood Institute; the American Society for Hypertension; and other leading medical authorities.

## Book Information

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## Customer Reviews

Hypertension kills. Suffering a stroke, heart attack, congestive heart failure, or damage to your eyes should be enough to get anyone to change their bad habits and get their lifestyle on track with the DASH diet. There is nothing difficult about eating fresh fruits instead of cookies or candy, and making fresh salads and cooking fresh vegetables instead of opening up a can of soggy, sodium laden mush passing as food. Believe it or not, I told MY doctor about the DASH diet when I first got diagnosed with high blood pressure about 10 years ago. She'd never heard of it. I was only 34 but African Americans seem to have a higher rate of hypertension than any other ethnic group. My blood pressure was an unbelievable 170/110 but I had no symptoms at all. Fearful of medications, but even more fearful of dying, I looked for an alternative solution that would provide fast results, and happened across the DASH study results. I ordered two booklets from the NHLB website and started changing my life. When I went back for a checkup a month later, my blood pressure had dropped an amazing 32 points systolic and was within the normal range of 138/85. She was stunned and ran from the room with the booklet I gave her to show other doctors in the office. They were in disbelief and actually came in to talk to me about the program. My blood pressure continued to drop once I got a better handle on sodium and liquor intake until it reached normal where it now stays unless I go off on a tangent too many days in a row. This was accomplished without any medication, just a steely determination to live which meant giving up things I shouldn't have been eating anyway. The book is great because it goes into a great deal of explanation and provides menu ideas to get you started.

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