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A preview from the DASH diet PBS show that will be shown nationwide starting in late November. It is also available for preorder from Amazon.

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DASH diet Wikipedia

The DASH diet (Dietary Approaches to Stop Hypertension) is a dietary pattern promoted by the U.S.-based National Heart, Lung, and Blood Institute (part of the National Institutes of Health (NIH), an agency of the United States Department of Health and Human Services) to prevent and control hypertension.

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