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When you choose a DASH diet book, you want to be sure that it is written by someone who is trained in the DASH diet, a nutrition expert with an advanced degree in nutrition and health, while also being able to make DASH understandable and practical. There are several books written by nonprofessionals, that are inaccurate and don't even understand the principles of the diet plan. Marla Heller, MS, RD, is the DASH expert dietitian.

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