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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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DASH diet ranked best diet for 8th year in a row by US News & World Report. Also best for diabetes, heart health, and healthy eating. Originally designed to lower blood pressure, the DASH diet is very effective for weight loss, lowering cholesterol, and managing or preventing diabetes. November 7, 2016.

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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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The DASH Diet Weight Loss Solution is the only book with the powerful low-carb version of DASH. Based on the newest research, this plan is more powerful than the original DASH diet for lowering blood pressure and boosting weight loss, and perfect for people with type 2 diabetes, who need to limit refined carbs.

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Dash to a healthier you! Voted by health experts as the best overall diet three years in a row, the DASH Diet originally developed to fight high blood pressure is a safe and easy-to-follow eating plan that fights diseases and

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But others, such as the DASH and TLC diets, are lesser-known plans developed by government researchers.

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DASH diet Wikipedia

The DASH Diet Action Plan: Based on the National Institutes of Health Research, Dietary Approaches to Stop Hypertension. New York: Grand Central Life & Style. ISBN 978-1-4555-1280-5. OCLC 162507208. Learning Visions (2013). The DASH Diet Solution and 60 Day Weight Loss and Fitness Journal. Los Angeles, California: Learning Visions.

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