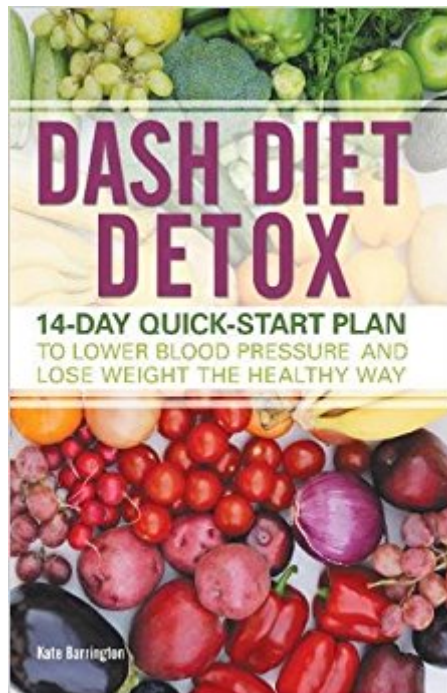




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# DASH Diet Detox: 14-day Quick-Start Plan To Lower Blood Pressure And Lose Weight The Healthy Way



## Synopsis

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.

## Book Information

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Started-Kate-Barrington-9781623152307-9.99-Rockridge Press -1/10/13-2000-

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Very educational book. Wish there were more receipes.

Great book. Easy delivery online. I'm happy

Super recipes, fast delivery....very happy with purchase!

Excellent cookbook!

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