

2nd Edition

DASH Diet dümmies



Manage high blood pressure with sustainable lifestyle changes

Master meal planning and enjoy more than 45 delicious recipes

> Discover how diet can reduce disease risk

Sarah Samaan, MD, FACC, FACP, FASE Rosanne Rust, MS, RDN, LDN Cindy Kleckner, RDN, LD, FAND

Dash Diet For Dummies

RJ Alexander

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