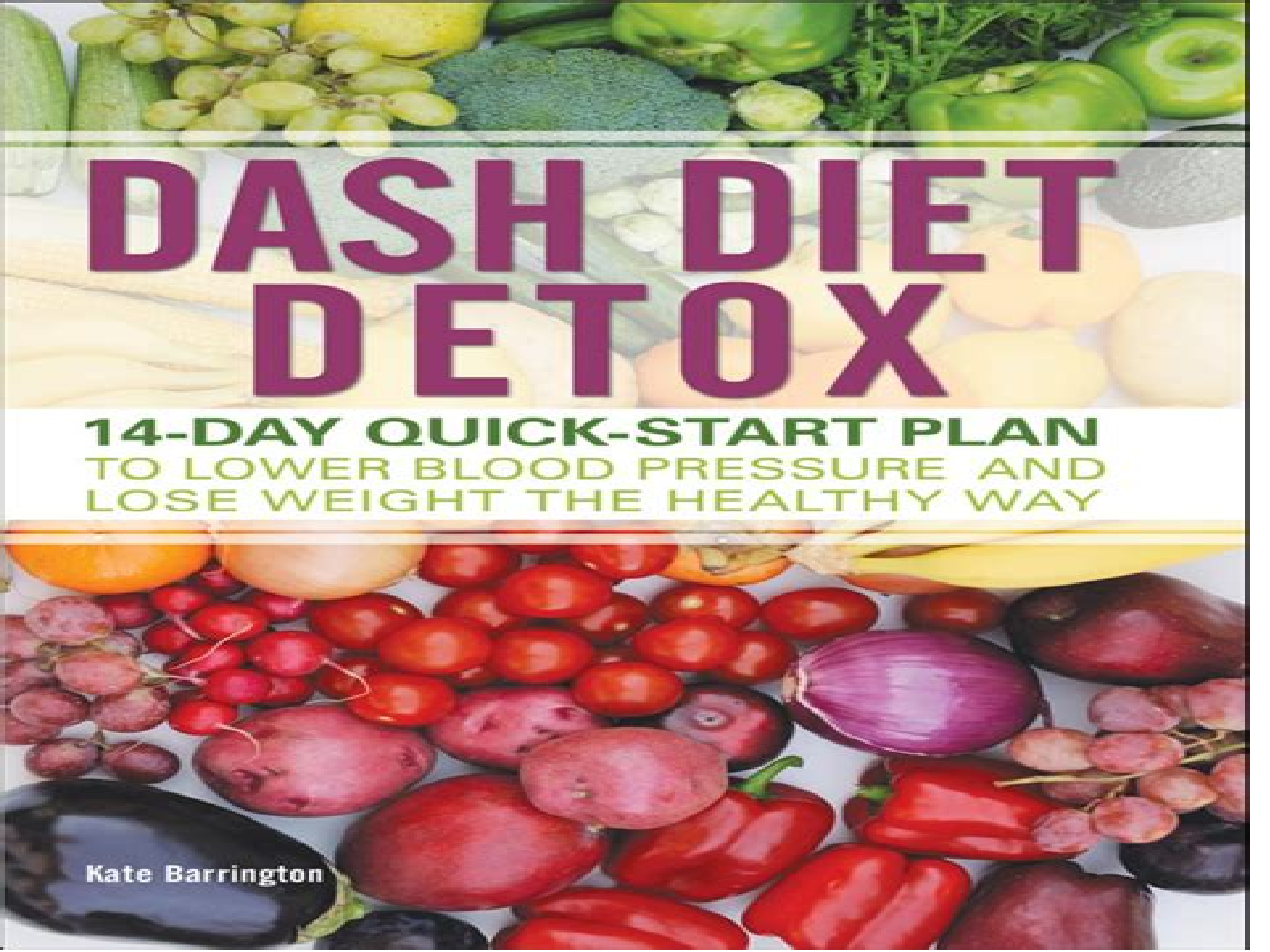




DASH DIET DETOX

14-DAY QUICK-START PLAN
TO LOWER BLOOD PRESSURE AND
LOSE WEIGHT THE HEALTHY WAY

Kate Barrington

Dash Diet Detox Quick Start Pressure

Yicheng Fang



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An individual s Diet is the sum of food and drink that he or she habitually consumes Dieting is the practice of attempting to achieve or maintain a certain weight through diet People s dietary choices are often affected by a variety of factors including ethical and religious beliefs clinical need or a desire to control weight Not all diets are considered healthy Some people follow unhealthy diets through habit rather than through a conscious choice to eat unhealthily Terms applied to such eating habits include Junk Food Diet and Western Diet This book is a short list of many of the world s most popular diets how people use them when is the ideal time to change your diet and what makes up a health sustainable diet 200 Surefire Ways to Eat Well and Feel Better Judith Rodriguez,Claudia Sealey-Potts,Jackie Shank,Jenna Braddock,Kate Chang,Cathy Christie,Shahla Khan,Corrie Labyak,Jamisha Laster,Alexia Lewis,Jen Ross,2014-09-01 Want to lead a healthier lifestyle 200 Surefire Ways to Eat Well and Feel Better is a collection of healthy choices in eating and lifestyle that can be made throughout the day in any situation Expert nutritionist Dr Judith Rodriguez shows you how a series of small steps implemented in your everyday life can be the key to controlling weight and wellbeing Packed with illustrations diagrams step by step instructions quick tips and expert secrets you ll have the easiest time making healthy decisions without any difficult jargon or hard to follow eating plans Use the meal planning ideas savvy food shopping hints restaurant meal selection guide

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