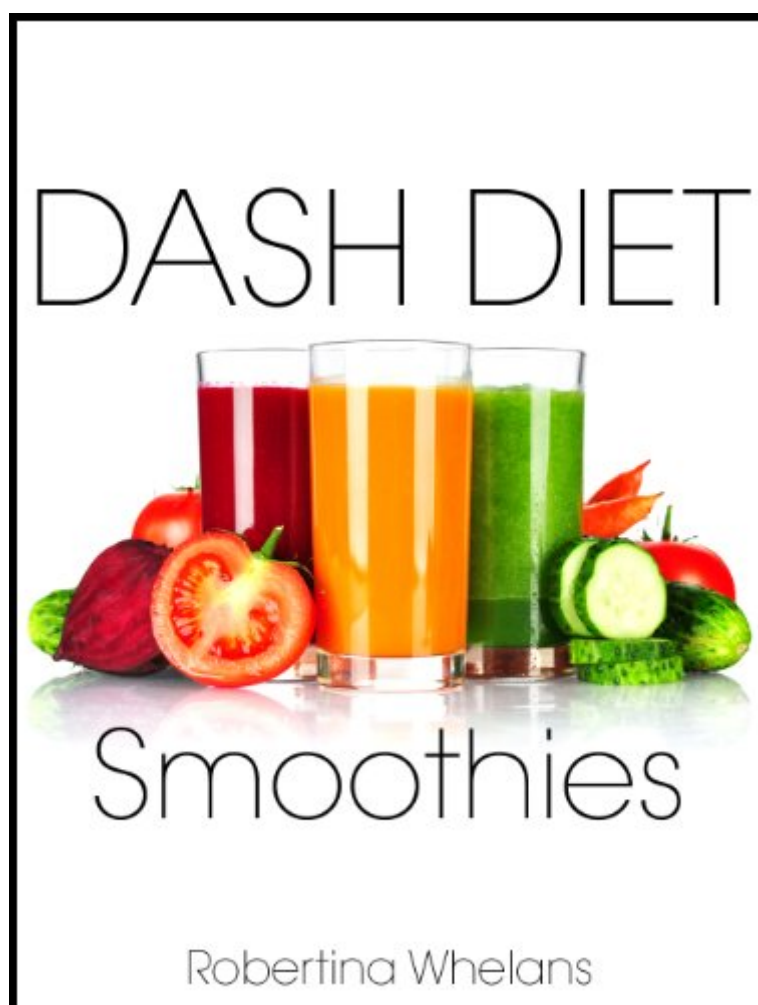


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# **DASH Diet Smoothies: For Low Salt, Low Cholesterol, Weight Loss, And Diabetes Diets (DASH Diet Cookbook Book 1)**



## Synopsis

The DASH Diet ranks #1 Diet two years in a row for 2013 and now 2014. "The best overall diet" - US News & World Report, 2014 The DASH diet is NOT a diet of gimmicks, but rather a lifestyle that works. LOWER BLOOD PRESSURE -- LOWER BLOOD SUGAR LEVELS -- LOWER CHOLESTORAL -- LOSE WEIGHT With high blood pressure affecting one in three Americans, the DASH diet offers very real and positive steps to take in order to bring health back to balance. There is a strong emphasis on fruit and vegetables with this food plan, and DASH Diet Smoothies offers a great introduction into increasing your fruit and vegetable intake. Nutritious, delicious and guaranteed to delight your taste buds, these recipes will keep you coming back again and again. Get your copy of the DASH Diet Smoothies recipe cookbook today.

## Book Information

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## Customer Reviews

I love cookbooks, and have a bookcase full of hard copies and a kindle full of electronic ones. The ones I use and refer to most have pictures. This book while having a decent variety of suggestions (I hesitate to call them recipes) has very few pictures and no nutritional information. I could've easily

given 2 stars, but the information provided on the Dash diet slightly tipped the scales.

I started a Dash diet with my husband who's blood pressure is through the roof... got this book to try smoothies, especially in the morning. It's fast and efficient way to drink nutritious and healthy. I tried the Peanut Butter Smoothie and Orange and ginger smoothie. Both were delicious. Great book to get for smoothie recipes on the DASH diet or any healthy eating plan. Well done!

the DASH diet was made popular after it has proven to be an effective way to reduce high blood pressure. The smoothies recipes in this book will go nicely with this diet as they are very nutritious and are a good way to consume the fruit and veg in this diet. Recommended!

I bought this book because my daughter loves her fruits and veggies and I wanted to make her some yummy smoothies for breakfasts. We tried the banana and coconut cream this morning and it was delicious! Going to make her the strawberry cucumber one tomorrow and try to fit some veggies in. Thanks!

This book has tons of great creative smoothie recipes, plus gives info about the dash diet and what smoothies are all about I really liked the chocolate banana smoothie, and dreamy raspberry smoothie. Thanks

While I'm not a tremendous fan of the DASH Diet, I AM a huge fan of smoothies. There were quite a few new ones in here for me, like the 4th of July Smoothie, Red Berry Celery, and a Peanut Butter smoothie to name a few... YUM!!

This book is great for anyone on the DASH diet looking to add delicious smoothies to their daily menu. It's filled with quick and easy recipes and helpful tips that make smoothie making a breeze! I highly recommend this book!

I'm a big time lover of smoothies! There's nothing more quick, easy and extremely nutritious than.. a well-balanced smoothie. That's why I purchased this book. The author shares a ton of really creative recipe ideas that are super simple and extremely tasty. My fav's are the: orange ginger, sunshine smoothie and the spicy mandarin smoothie. Yum.. Very satisfied!

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weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Cholesterol:The Great Cholesterol Hoax: Why Cholesterol Lowering Drugs Won't Help You Live One Day Longer And Drug Companies Know It (Cholesterol diet, ... Cholesterol lowering foods,heart disease) Ketogenic Diet: Ketogenic Catastrophe: Avoid the Ketogenic Diet Mistakes (ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss)

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