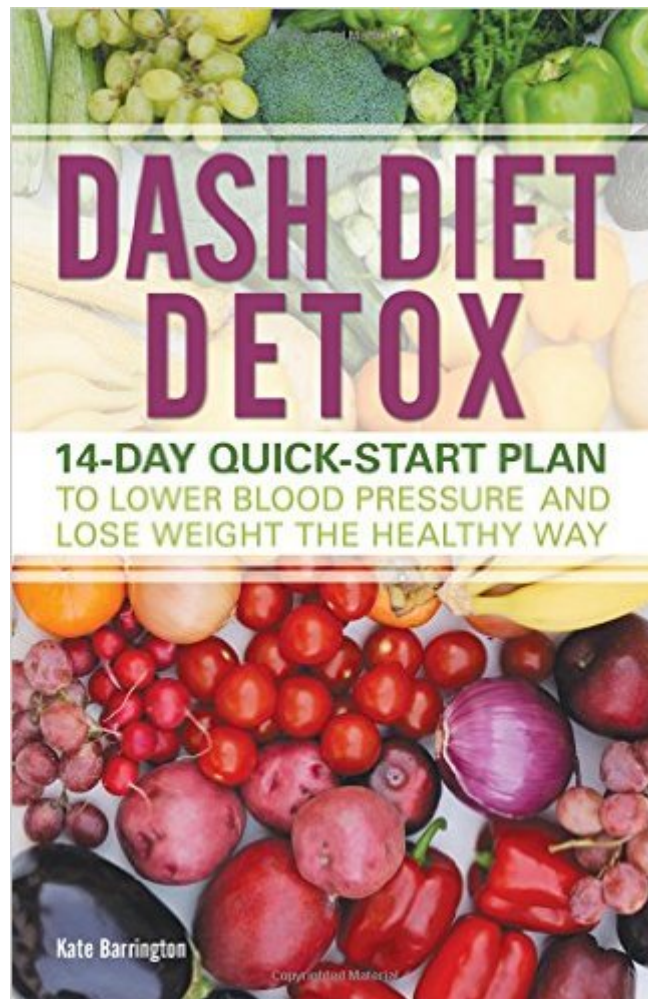


The book was found

# 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

Paperback: 156 pages

Publisher: Ulysses Press; 1 edition (December 22, 2015)

Language: English

ISBN-10: 1612435211

ISBN-13: 978-1612435213

Product Dimensions: 5.4 x 0.7 x 8.4 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars — See all reviews — (1 customer review)

Best Sellers Rank: #282,438 in Books (See Top 100 in Books) #30 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure #64 in Books > Cookbooks, Food & Wine > Special Diet > Low Salt #336 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses

## Customer Reviews

Excellent cookbook!

[Download to continue reading...](#)

DASH Diet Detox: 14-day Quick-Start Plan to Lower Blood Pressure and Lose Weight the Healthy Way  
DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living  
Dash Diet Recipes, Book 1  
Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ...  
Simple Diet Plan With No Calorie Counting)  
Two Best Sellers Book Bundle: Weight Loss, Addiction

and Detox Series! (Enhanced Edition): 'Weight Loss by Quitting Sugar and Carb!' 'Dash Diet: Heart Health, High Blood Pressure, Cholesterol' Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, ... Belly, Tea Cleanse Diet, Weight Loss, Detox) Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting) The Blood Sugar Solution 10-Day Detox Diet Cookbook: More than 150 Recipes to Help You Lose Weight and Stay Healthy for Life Pressure Cooker Cookbook: 370 Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals (Pressure Cooker, Electric Pressure Cooker Cookbook) Pressure Cooker Cookbook: 100 Quick, Easy, and Healthy Pressure Cooker Recipes for Nourishing and Delicious Meals (Pressure Cooker Recipes, Pressure Cooker) (Volume 1) Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) The Blood Sugar Solution 10-Day Detox Diet: Activate Your Body's Natural Ability to Burn Fat and Lose Weight Fast Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Weight Loss by Quitting Sugar and Carb - Learn How to Overcome Sugar Addiction - A Sugar Buster Super Detox Diet (Weight Loss, Addiction and Detox) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) DASH Diet Slow Cooker Recipes: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks) (Volume 3) Smoothies for Diabetics: 85+ Recipes of Blender Recipes: Diabetic & Sugar-Free Cooking, Heart Healthy Cooking, Detox Cleanse Diet, Smoothies for ... loss-detox smoothie recipes) (Volume 54) DASH Done Slow: The DASH Diet Slow Cooker Cookbook Wheat Belly 30-Minute (Or Less!) Cookbook: 200 Quick and Simple Recipes to Lose the Wheat, Lose the Weight, and Find Your Path Back to Health BUSINESS PLAN: Business Plan Writing Guide, Learn The Secrets Of Writing A Profitable, Sustainable And Successful Business Plan ! -business plan template, business plan guide - The Pink Ribbon Diet: A Revolutionary New Weight Loss Plan to Lower Your Breast Cancer Risk

[Dmca](#)