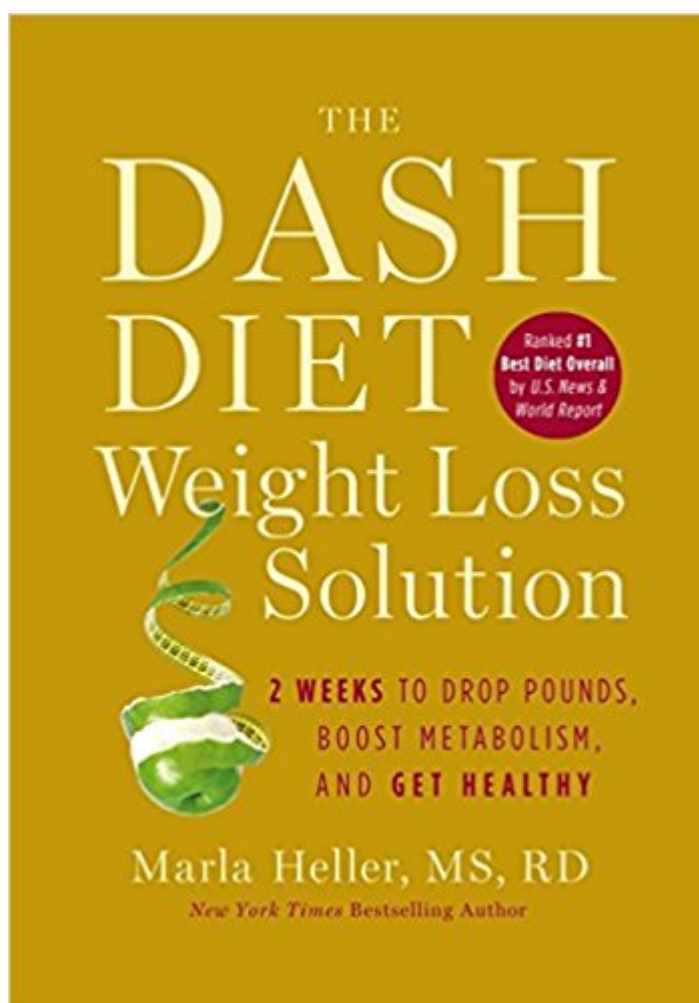


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# The Dash Diet Weight Loss Solution: 2 Weeks To Drop Pounds, Boost Metabolism, And Get Healthy



## Synopsis

THE NEW YORK TIMES BESTSELLER--BASED ON THE DIET RANKED "#1 BEST DIET OVERALL" BY US NEWS & WORLD REPORT--FOR 6 YEARS IN A ROW!The DASH diet isn't just for healthy living anymore--now it's for healthy weight loss, too. Using the newest DASH diet research, bestselling author, foremost DASH dietitian and leading nutrition expert Marla Heller has created the most effective diet for quick-and lasting-weight loss. This is the only book to bring you the latest updates for the DASH diet, integrated with the latest weight loss research, which work synergistically to maximize results. This effective and easy program includes menu plans, recipes, shopping lists, and more. Everything you need to lose weight and get healthy! Readers will enjoy a diet rich in fruits, vegetables, low-fat and nonfat dairy, lean meats/fish/poultry, nuts/beans/seeds, heart healthy fats, and limited amounts of whole grains. Banished are the empty calories from refined grains and added-sugars. The result: improved metabolism, lower body fat, improved strength and cardiovascular fitness--with the diet plan proven to lower cholesterol and blood pressure without medication, and without counting calories! Superior to the original DASH diet for heart health and turbocharged for weight loss.

## Book Information

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## Customer Reviews

Dec 2, 2012 "It's not too late to drop a dress size by Christmas! A brilliantly simple new diet that's sweeping the U.S. targets your tum - and boosts your health." from the Daily Mail (UK)"The DASH diet: the weight-loss plan approved by doctors. When doctors devised an eating plan to fight high blood pressure, cholesterol and diabetes, weight loss was an added bonus. An eating programme

devised by doctors to fight high blood pressure has become the latest weight-loss phenomenon and named America's healthiest diet two years in a row." - from the Weekend London Times January 6, 2016 "What makes a diet best? In *Best Diets 2016*, the latest set of exclusive rankings from U.S. News, the DASH diet beat out 37 others. To be top-rated, a diet had to be relatively easy to follow, nutritious, safe, effective for weight loss and protective against diabetes and heart disease. The government-endorsed Dietary Approaches to Stop Hypertension (DASH) snagged the top spot." November 12, 2013. "Recommended are dietary patterns that emphasize fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. . . including the DASH eating plan " -- The American Heart Association, The American College of Cardiology January 7, 2014. "To be top-rated, a diet had to be relatively easy to follow, nutritious, safe and effective for weight loss and against diabetes and heart disease. The government-endorsed Dietary Approaches to Stop Hypertension (DASH diet) snagged the top spot." - US News & World Report

The DASH Diet Weight Loss Solution is the only book with the powerful low-carb version of DASH. Based on the newest research, this plan is more powerful than the original DASH diet for lowering blood pressure and boosting weight loss, and perfect for people with type 2 diabetes, who need to limit refined carbs. For a vegetarian or mostly-vegetarian version, my new book, *The DASH Diet Younger You*, will help you become healthier, fitter, and younger from the inside out. And, I am pleased to share my cookbook, *The Everyday DASH Diet Cookbook*, which is the only cookbook specifically designed to complement the lower-carb plan from *The DASH Diet Weight Loss Solution*. These books will make it so easy stay on track with your DASH diet plan. Best, Marla Heller, MS, RD

In 3 months, I have lost 23 pounds, gone down 5 points in my body fat percentage, and lost 4.5 inches from my waist...after struggling with my weight for decades. (I received a copy of the of the plan guidelines and sample menus in September through the author's Facebook group.) In addition to the outer changes, my cholesterol level dropped to 121, with a commensurate reduction in triglycerides and LDLs. I do know a little bit about nutrition (what heavy person doesn't?). I wanted a plan that followed sound nutritional guidelines and had some research to back it up. This one does. Marla does a great job of explaining why the things I learned about nutrition in my 20s aren't working for me in my 40s, and then lays out, clearly, concisely, and with menus and recipes, what *\*will\** work...and it did. I was nervous about cutting down on grains--I attempted the Atkins plan a

few times and it just made me sick--but I felt fine. The menu plans are satisfying and tasty, and Marla has really helped me to re-frame the way I think about food. The 2-week turbocharge is a great way to kick off the plan: all the claims about resetting your body's expectations proved true for me. In the 3 months I've been on this plan I started a new job; celebrated my anniversary, Halloween, my birthday, & Thanksgiving, and now find myself surrounded by all the Christmas treats...and still find it easier than it's ever been to make conscious choices about what I eat. I hope you find this helpful...if you've been fighting this battle for decades and began to think nothing was ever going to work, give this an honest shot. It may change your life. My weigh-in this morning was the lowest it's been in ten years. Gotta go...exercise class starts soon!

This book has helped me tremendously! My doctor recommended the Dash Diet for my high blood pressure. I have to say, it was not easy to break my addiction to sugar. Phase one (2 weeks) is painful. I failed a few times before finally breaking through and sticking with it. I had SO much success on phase one, I was afraid to move on and reintroduce fruit and whole grains to my diet so I remained on it for another 2 weeks. In one month of following the diet closely I lost almost 20 pounds. My blood pressure dropped so dramatically that my medication had to be significantly decreased. I did not do the exercise as recommended in the book due to very low energy levels, but imagine that if I had, I would have lost more weight. I highly recommend this book to anyone who has high blood pressure or cholesterol and wants to lose weight.

About 8 years ago my doctor gave me a hand out that was a DASH diet guide. It was an easy to use pamphlet. I was diagnosed with High Blood Pressure at a pretty young age due to unhealthy life style choices. I used DASH and it was really effective. My numbers plummeted to the recommended range for blood pressure. I was actually in the 121-123 over 84 range for 2 months straight. Then life happened and I became complacent and lazy. I stopped DASH - and told myself I could just modify it and be alright. Flash forward to now. My blood pressure is high and my doctor is on the verge of increasing medicine dosage if I don't get it under control through my lifestyle. I had forgotten the basics of DASH so I purchased this book to refresh my memory. This book is really great in that it's an absolute easy read. I have not tried the 14 day reset, because I only purchased the book as a refresher on DASH diet basics/ theory. If I do try it I may update this review. I say it's worth it for anyone looking for a guide to DASH. It really does work for Lowering blood pressure and other issues. Here are my pros & cons to the book: Pros: The book lists a great deal of ingredients that are essential to the DASH diet lifestyle Pros: It is not a "starve yourself, restrictive diet". This diet

focuses on food choice with the overall goal being decreased blood pressure (and other benefits)Pros: The book explains the science behind how it works in lay mans terms. (If you need a more technical breakdown , then this may not be for you)Pros: The book contains a whole section of recipes - recipes that are easy and use regular - average person ingredients (Nothing crazy that the average person wouldnt have in their cupboard/spice rack/freezerPros: The books contains an easy to understand "Daily guide" that generalizes the types of foods you should eat for Breakfast meals/Snacks/Lunch Meals/Dinner Meals. The daily guide breaks down the food group types for each meal timeCons: At the times the books makes references to things without explaining in full detail what those references mean. (The author lists "Non-Starchy Vegetables", but she fails to list in detail what those are. She does list them, but not in detail. A simple google search filled in the mystery for me)Cons: The author is impartial to artificial sweetener, but she does recommend foods that contain them. (For anyone worried, its only one meal recommendation, but for folks that are concerned about them - just stay clear of it)Cons: The books is mainly recipes and ingredients. A large portion of the books is dedicated to this. It is recommended that you read the ENTIRE BOOK before starting DASH. It's tempting to start after chapter 4, but the ENTIRE BOOKS contents are needed to understand the diet. Its an extremely LIGHT & EASY READ.

Bought this book to follow the diet to reduced blood pressure. Great day by day menues that help you through the two phases and that really helps follow and stay of the diet. It isn't really a diet, it is a way of eating and the method helps get rid of cravings. Lost 10 pounds on phase 1 and blood pressure gradually getting in the acceptable range.

A fantastic book that makes so much sense in terms of helping change eating habits not just for weight loss but for overall improvement in health! I recommend this book highly to anyone looking to take charge of her/his health through one of the most important activities - eating!

I've lost 27lbs and can't say enough about how this helped me. Basic instructions easy to follow and good recipes.

This book does a great job of presenting a diet that makes sense and is scientifically sound. Helps to put in perspective and outright dispel a lot of the contradictory diet information that has been hanging around for the past 25 or so years. My husband purchased the book for himself. I read it so I could support his dieting efforts since I am the primary cook in the family. To my pleasant surprise I

found the requirements of the diet reasonable and doable for the entire family. Modifications are easy to adapt to the specific needs of individual family members.

Still reading this but my husband who is the one with HBP has already lost 15lbs and has more control of his bottom number.

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Made Easy - Lose Weight Now and Lower Blood Pressure Painlessly (Dash Diet Cookbook) DASH Diet: The Ultimate DASH Diet Guide to Lose Weight, Lower Blood Pressure, and Stop Hypertension Fast: DASH Diet Series, Book 2 Dash Diet: Dash Diet for Vegetarians: 60 Healthy Vegetarian Recipes to reduce Blood Pressure Naturally (DASH Diet Cookbooks) Dash Diet for Beginners: 200 No Salt/Low Sodium Recipes For Being Heart Healthy Living Vol. 1: Dash Diet for Beginners: Dash Diet Love Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly)

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