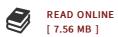




## Dash Diet Dynamite: Lower Cholesterol And Blood Pressure Naturally

By Philip Smith

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 88 pages. Dimensions: 11.0in. x 8.5in. x 0.2in.Struggling With High Cholesterol And Hypertension Discover The Diet Plan That Has Taken The World By Storm And Been Voted The Best Diet 3 Years Straight! Read On To Find Out Exactly How You Can Change Your Life By Following A Simple Diet That Anyone Can Do... With Phenomenal Results Dear Friend, Obesity is on the rise! The state of obesity in the world today is a concern for all governments especially those in developed countries and with this comes the rise of hypertension and high cholesterol levels. Despite the efforts these governments have taken, the epidemic seems to become more serious. It affects both children as well as adults. The main reason for the growth of this epidemic is lack of proper diet among the people. Most of the people have limited physical exercises as children spend a lot of time playing video and internet games or watching television. Although this is a big epidemic, there is a solution... Introducing A Beginners Guide To The DASH Diet This is not a fad diet, or short...



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