



La Dieta DASH Controle Su HipertensiÃ n Con La Dieta Baja En Sodio Conocida Como La Dieta DASH Spanish Edition

By Michael Jessimy

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 24 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. La Dieta DASH: Controle Su Hipertensin Con La Dieta Baja En Sodio Conocida Como La Dieta DASH La Dieta DASH no es una tpica dieta Le garantizo que La Dieta DASH: Controle Su Hipertensin Con La Dieta Baja En Sodio Conocida Como La Dieta DASH lo motivar a hacer cambios positivos en su vida. Conocida como la dieta para la presin arterial elevada o la dieta baja en sodio; esta dieta le ayudar paso a paso a alcanzar todas sus metas para controlar la hipertensin y llevar un estilo de vida ms saludable. Es un plan tan efectivo que usted lo querr incorporar permanentemente a su vida diaria! En tan slo unas semanas, su presin arterial puede ser algo del pasado! Nunca ms tendr miedo de subirse a la bscula porque usted ya no tendr sobrepeso. Aunque los resultados de la Dieta DASH pueden variar de persona a persona; en promedio usted perder alrededor de 5 libras durante las primeras dos semanas y entre 10 y 35 libras en los siguientes dos meses. En poco tiempo descubrir que...



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