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Createspace, United States, 2014. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. Originally conceptualized to meet the needs of people with hypertension, the DASH diet (or the Dietary Approaches to Stop Hypertension) is host to many health-related benefits, including weight loss. The first and main goal of this diet is to provide a healthier eating guideline to prevent and manage blood level by opting for healthier foods and alternatives. Having better control of your...

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- Authored by Gordon Rock
- Released at 2014



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