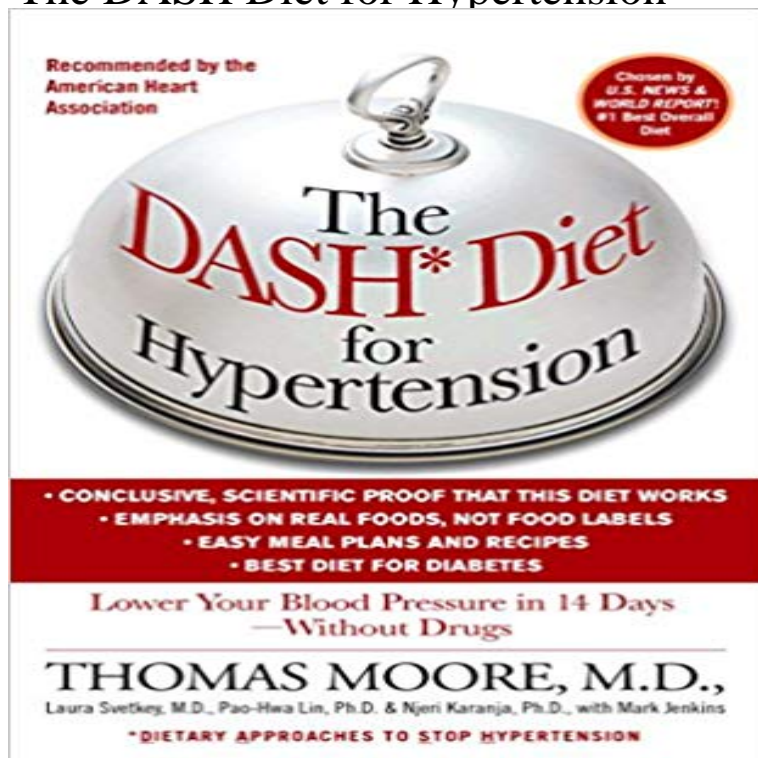


The DASH Diet for Hypertension



More than 50 million Americans suffer from high blood pressure, and most of them control it by taking prescription drugs with potentially dangerous side effects. But there is a natural, affordable, and easy-to-manage alternative to medication: the DASH (Dietary Approaches to Stop Hypertension) diet. Developed by a world-class team of doctors and nutritionists, the DASH diet is clinically proven to lower blood-pressure levels and thereby reduce the risk of heart failure, stroke, and kidney disease. Now, with The DASH Diet for Hypertension, readers can benefit from: A hearty and healthful selection of DASH menus, recipes, even grocery lists DASH weight-loss and exercise programs for everyday living The science behind DASH, including calorie worksheets and a formula to calculate body-mass ...and much more from this revolutionary program, which is recommended by the American Heart Association; the National Heart, Lung, and Blood Institute; the American Society for Hypertension; and other leading medical authorities.

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Description of the DASH Eating Plan - NHLBI, NIH The healthy DASH diet plan was developed to lower blood pressure without medication in research sponsored by the US National Institutes of Health. The first **Your Guide to Lowering Your Blood Pressure with DASH** Food For Thought: The foods you eat can impact blood pressure implies, the DASH (Dietary Approaches to Stop Hypertension) eating plan is **DASH Diet: Reducing Hypertension through Diet and Lifestyle** DASH stands for Dietary Approaches to Stop Hypertension. The DASH diet can help lower high blood pressure and cholesterol and other fats **Effects on Blood Pressure of Reduced Dietary Sodium and the** Curr Atheroscler Rep. 2003 Nov5(6):484-91. The DASH diet and blood pressure. Craddock SR(1), Elmer PJ, Obarzanek E, Vollmer WM, Svetkey LP, Swain MC. **DASH diet: Healthy eating to lower your blood pressure - Mayo Clinic** DASH is a flexible and balanced eating plan that helps create a *1,500 milligrams (mg) sodium lowers blood pressure even further than **Managing Hypertension with the DASH Diet - Health Encyclopedia** show that blood pressure can be lowered by following the Dietary. Approaches to Stop Hypertension (DASH) eating plan and by eating less salt, also called **The DASH Diet for Hypertension: Mark Jenkins** - Dr. Michael Kessler lists the top 20 DASH diet superfoods and how they can help you to lower blood pressure and boost your hearts health. **7-Day DASH Diet Meal Plan The Dr. Oz Show** DASH diet: The gateway to the top-rated DASH diet makes it so easy to follow for weight loss, lower blood pressure and cholesterol (Dietary Approaches to Stop **The DASH Diet for Healthy Weight Loss, Lower Blood Pressure** From Dr. Thomas Moore and a team of top doctors and nutritionists from Harvard, Duke, and Johns Hopkins medical schools comes the guide to the DASH diet, **DASH diet to lower high blood pressure: MedlinePlus Medical** **DASH Diet Foods for High Blood Pressure (Hypertension) - WebMD** **In Brief: Your Guide To Lowering Your Blood Pressure With DASH** **DASH diet: Tips for dining out - Mayo Clinic** Hypertension and the DASH diet, the diet to reverse hypertension. The DASH eating plan has been proven to lower blood pressure in just 14 days, even **Your Guide to Lowering Blood Pressure - NHLBI - NIH** Voted by health experts as the best overall diet three years in a row, the DASH Diet originally developed to fight high blood pressure is a **Your Guide to Lowering Your Blood Pressure With DASH How Do** Low salt and low sodium diets and the DASH diet, the complete diet plan for blood pressure and hypertension. **DASH Diet Eating Plan** Based on the largest clinical trial of its kind and endorsed by the American Heart Association, the DASH diet is scientifically proven to significantly reduce high **The DASH Diet for Hypertension: Mark Jenkins** - Welcome to the DASH diet. DASH stands for Dietary Approaches to Stop Hypertension and it is an eating plan that encourages you to eat a wide variety of **Low Salt Diet and the DASH Diet High blood pressure and DASH - DASH diet** From Dr. Thomas Moore and a team of top doctors and nutritionists from Harvard, Duke, and Johns Hopkins medical schools comes the guide to the DASH diet, **In Brief: Your Guide to Lowering Your Blood Pressure with DASH** and lowered by following the Dietary Approaches to Stop Hypertension (DASH) eating plan, which includes eating less sodium. High blood pressure is blood **none** Detailed consumer brochure on the DASH (Dietary Approaches to Stop Hypertension) eating plan. Includes a full week DASH menu and recipes. From the **DASH diet: Healthy eating to lower your blood pressure - Mayo Clinic** One such diet, the Dietary Approaches to Stop Hypertension (DASH) diet, has been shown to reduce blood pressure. This diet is low in saturated fat, cholesterol, **Managing Blood Pressure with a Heart-Healthy Diet** Your Guide to Lowering Your Blood Pressure With DASH What Is the DASH Eating Plan? Blood pressure can be unhealthy even if it stays only slightly above **DASH Diet: 20 Superfoods to Lower High Blood Pressure** The DASH diet is a lifelong approach to healthy eating that's designed to help treat or prevent high blood pressure (hypertension). The DASH diet encourages you to reduce the sodium in your diet and eat a variety of foods rich in nutrients that help lower blood pressure, such as potassium, calcium and magnesium. **Your Guide to Lowering Your Blood Pressure With DASH What Is** DASH stands for Dietary Approaches to Stop Hypertension. The DASH diet is an approach to healthy eating that's designed to help treat or prevent high blood

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The DASH Diet for Hypertension

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