



The DASH Diet for Hypertension

Mark Jenkins, Thomas J. Moore

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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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