



# **DASH Diet: How to Boost your Metabolism, Lose Weight Naturally and Be Healthy with Delicious and Flavorful Recipes**

*Natasha D. Norman*

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This book was born out of my need to pass on to others what I have learned about the DASH Diet Solution to weight loss. When I was first introduced to the diet, I was motivated to read and research every little bit of information that I could find about it.

You will learn:

- 1.The world's Biggest Killers
- 2.The DASH Diet Weight Loss Diet Solution
- 3.How to Boost Your Metabolism
  - 3.1.Ways to Boost Your Metabolism
    - 3.1.1Build Muscle
    - 3.1.2Adequate Sleep to Increase Metabolism
    - 3.1.3Move! Move! Move!
- 4.The Dash Diet Eating Plan
- 5.Metabolic Syndrome
- 6.Benefits of exercise
- 7.DASH Diet Recipes

Some of the things that I learned were shocking! I had no idea of the prevalence of chronic illnesses in America and other countries around the globe. I learned a lot of medical terms, made all effort to decipher and digest what I learned and now have an excellent understanding not only of the diet, but how it can impact on and help turn things around in America and on the entire planet. The DASH Diet was initially developed to prevent, help manage and even reverse hypertension. Hypertension kills! It is a precursor to cardiovascular diseases, diabetes, liver disease, and other complications. The lowering or total elimination of sodium was the focus of the DASH Sodium study and led to the final DASH Diet Weight Solution. It is the solution to many of your health and mental problems as well as your weight loss problems. I will not regurgitate what Marla Heller Ph.D., the author of the DASH Diet books as this information can be found online free. The menus, shopping lists, and food groups are available for you to download at (DASH Diet, n.d.) There you'll find a Daily Fitness Center Extension that has nutrition tips and facts, a built in search bar, recipes, workouts tailored for your needs, and daily motivational quotes. So, the sooner you get started, the better. This e-book will motivate and prepare you for your amazing journey to a healthy, fit and happy life!

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