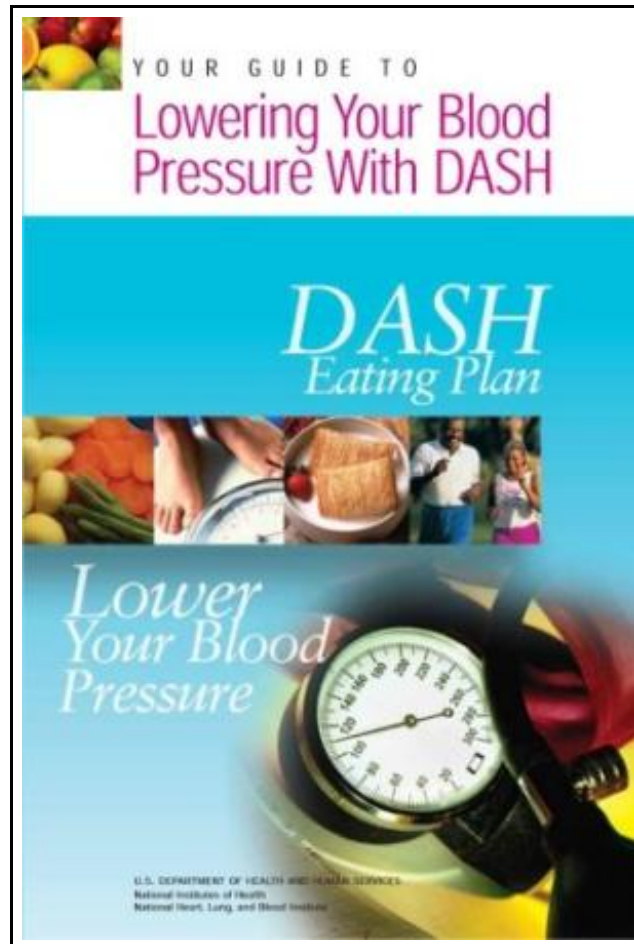


Your Guide to Lowering Your Blood Pressure with Dash: Dash Eating Plan



Filesize: 1.57 MB

Reviews

Merely no words to clarify. I could comprehend every little thing using this created e pdf. I am just effortlessly could possibly get a enjoyment of reading through a created publication.

(Mr. Ari Powlowski)

YOUR GUIDE TO LOWERING YOUR BLOOD PRESSURE WITH DASH: DASH EATING PLAN



To read **Your Guide to Lowering Your Blood Pressure with Dash: Dash Eating Plan** PDF, remember to click the web link beneath and download the ebook or have accessibility to other information which are in conjunction with YOUR GUIDE TO LOWERING YOUR BLOOD PRESSURE WITH DASH: DASH EATING PLAN book.

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.This book by the National Institutes of Health (Publication 06-4082) and the National Heart, Lung, and Blood Institute provides information and effective ways to work with your diet because what you choose to eat affects your chances of developing high blood pressure, or hypertension (the medical term). Recent studies 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 sodium. While each step alone lowers blood pressure, the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure. This book, based on the DASH research findings, tells how to follow the DASH eating plan and reduce the amount of sodium you consume. It offers tips on how to start and stay on the eating plan, as well as a week of menus and some recipes. The menus and recipes are given for two levels of daily sodium consumption-2,300 and 1,500 milligrams per day. Twenty-three hundred milligrams is the highest level considered acceptable by the National High Blood Pressure Education Program. It is also the highest amount recommended for healthy Americans by the 2005 U.S. Dietary Guidelines for Americans. The 1,500 milligram level can lower blood pressure further and more recently is the amount recommended by the Institute of Medicine as an adequate intake level and one that most people should try to achieve. The lower your salt intake is, the lower your blood pressure. Studies have found that the DASH menus containing 2,300 milligrams of sodium can lower blood pressure and that an even lower level of sodium, 1,500 milligrams,...



[Read Your Guide to Lowering Your Blood Pressure with Dash: Dash Eating Plan Online](#)



[Download PDF Your Guide to Lowering Your Blood Pressure with Dash: Dash Eating Plan](#)



[Download ePUB Your Guide to Lowering Your Blood Pressure with Dash: Dash Eating Plan](#)

Other Books



[PDF] Children s Rights (Dodo Press)

Access the link under to download and read "Children s Rights (Dodo Press)" PDF file.

[Read eBook »](#)



[PDF] Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook

Access the link under to download and read "Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook" PDF file.

[Read eBook »](#)



[PDF] Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)

Access the link under to download and read "Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)" PDF file.

[Read eBook »](#)



[PDF] From Kristallnacht to Israel: A Holocaust Survivor s Journey

Access the link under to download and read "From Kristallnacht to Israel: A Holocaust Survivor s Journey" PDF file.

[Read eBook »](#)



[PDF] Baby Whale s Long Swim: Level 1

Access the link under to download and read "Baby Whale s Long Swim: Level 1" PDF file.

[Read eBook »](#)



[PDF] Penelope s English Experiences (Dodo Press)

Access the link under to download and read "Penelope s English Experiences (Dodo Press)" PDF file.

[Read eBook »](#)



[PDF] Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)

Click the hyperlink under to get "Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)" PDF file.

[Read PDF »](#)



[PDF] Twitter Marketing Workbook: How to Market Your Business on Twitter

Click the hyperlink under to get "Twitter Marketing Workbook: How to Market Your Business on Twitter" PDF file.

[Read PDF »](#)



[PDF] Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Click the hyperlink under to get "Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package" PDF file.

[Read PDF »](#)



[PDF] I Learn, I Speak: Basic Skills for Preschool Learners of English and Chinese

Click the hyperlink under to get "I Learn, I Speak: Basic Skills for Preschool Learners of English and Chinese" PDF file.

[Read PDF »](#)



[PDF] Patent Ease: How to Write You Own Patent Application

Click the hyperlink under to get "Patent Ease: How to Write You Own Patent Application" PDF file.

[Read PDF »](#)



[PDF] A Treatise on Parents and Children

Click the hyperlink under to get "A Treatise on Parents and Children" PDF file.

[Read PDF »](#)