



Dash Diet Slow Cooker Recipes Cookbook: Lower Blood Pressure, Lose Weight, Prevent Diabetes, And Live Healthy

Michelle Bakeman

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The DASH diet is not your ordinary diet. The DASH diet is a health plan specially created to control and prevent hypertension. This special diet focuses on eating fruits, vegetables, whole grains, fish, chicken, nuts, and more while cutting out fat, sweets, sodium, and red meat.

This diet has numerous health benefits such as:

- **Lowering your blood pressure**
- **Helping you lose weight**
- **Bettering your metabolism**
- **Reducing cholesterol**
- **And much more**

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