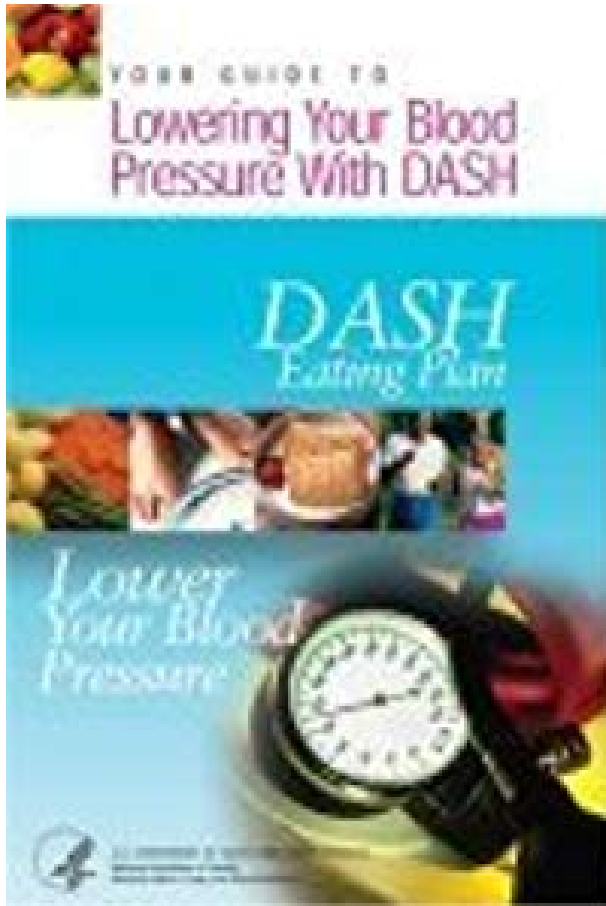


Your Guide to Lowering Your Blood Pressure with Dash Eating Plan



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Get with the plan that is clinically proven to significantly reduce blood pressure! This updated booklet contains a week's worth of sample menus and recipes recalculated using 2005 nutrient content data. The "Dietary Approaches to Stop Hypertension" eating plan features plenty of fruits, vegetables, whole grains, and other foods that are heart healthy and lower in salt/sodium. Also contains additional information on weight loss and physical activity.