



DOWNLOAD



## Dietary Approaches to Stop Hypertension: An Overview of the Dash Diet (Paperback)

By Wendy Jarich

Weight a Bit, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The DASH diet, or Dietary Approaches to Stop Hypertension, is a diet that was designed with the goal of drastically reducing adherents dangerously-high blood pressure levels. Specifically, it focuses on cutting out excessive salt intake, as this can make hypertension worse and lead to kidney failure, strokes, blindness, and even heart disease. It can be altered slightly for weight loss goals or to control insulin dependence, but multiple studies have confirmed its effectiveness. Many adherents to the DASH diet have shown drastic improvement within only a few weeks of beginning. There are two versions of this diet: standard and low-sodium. On the standard version, a dieter is carefully restricted to eating only the daily recommended amount of sodium (salt), or about 2,300mg daily. The low-sodium version is much more restrictive and designed for those who are already on medications for hypertension and/or have developed a blood pressure-related disease. The low-sodium DASH diet restricts intake to 1,500mg daily. Dietary Approaches to Stop Hypertension by author Wendy Jarich is a detailed study and guide on how to stop...



**READ ONLINE**  
[ 2.41 MB ]

### Reviews

*This ebook is wonderful. I could comprehend every thing out of this created e ebook. I am just effortlessly can get a satisfaction of reading a created pdf.*

-- **Federico Nolan**

*This ebook could be worthy of a read through, and far better than other. I am quite late in start reading this one, but better then never. I realized this publication from my dad and i advised this publication to learn.*

-- **Stefan Von**

## See Also



### **Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)**

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



### **Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their online interactions, the good and the bad,...



### **No Friends?: How to Make Friends Fast and Keep Them (Paperback)**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do You Have NO Friends ? Are you tired of not having any friend and being lonely all the time...



### **History of the Town of Sutton Massachusetts from 1704 to 1876 (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This version of the History of the Town of Sutton Massachusetts from 1704 to 1876 is a labor...



### **Never Invite an Alligator to Lunch! (Paperback)**

Lucky Me Publishing, LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. NEVER Invite an Alligator to Lunch! delivers a fun, action-packed, entertaining story featuring delightful characters. The...



### **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) (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...