



DASH Diet Detox: 14-day Quick-Start Plan to Lower Blood Pressure and Lose Weight the Healthy Way

Kate Barrington

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A POWERFUL, EASY-TO-FOLLOW CLEANSE UTILIZING THE SCIENTIFICALLY-PROVEN DASH DIET—THE #1 OVERALL DIET BY *U.S. NEWS & WORLD REPORT* FIVE YEARS IN A ROW

Shedding pounds, lowering blood pressure and detoxing your body have never been easier thanks to the *DASH Diet Detox*. This helpful handbook offers all the tools you need for a healthy weight loss plan, including:

- **Easy-to-use 14-day meal plans**
- **Delicious recipes for every meal**
- **Ready-to-go shopping lists**
- **Superfood suggestions for natural detoxing**
- **Tricks for breaking unhealthy habits**
- **Advice on transitioning from detox to diet**

Drawing from the diet rated #1 overall by *U.S. News & World Report* five years in a row, the *DASH Diet Detox* shows you how to quickly lose pounds and start living a healthier life today.

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