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THE DASH DIET FOR WEIGHT LOSS: LOSE WEIGHT AND KEEP IT OFF--THE HEALTHY WAY--WITH AMERICAS MOST RESPECTED DIET



Pocket Books. Paperback. Book Condition: New. Mass Market Paperback. 464 pages. The 1 diet plan in America for eating healthfully is now a weight-loss plan, too. CHOOSE THE PERFECT MEAL PLAN FOR YOUR DIETARY AND CALORIC NEEDS! Named the Best Overall Diet by U. S. News and World Report two years in a row and recommended by the US Department of Agriculture, the DASH Diet is not only the most effective diet for reducing the risk of hypertension, heart disease, kidney...

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- Authored by Mark Jenkins
- Released at -



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