

## THE DASH DIET WEIGHT-LOSS PLAN

**RANKED #1  
Best Diet Overall  
by U.S. News &  
World Report  
7 Years In A Row**



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## The Dash Diet Weight-Loss Plan: Ranked #1 Best Diet Overall by U.S. News World Report 7 Years in a Row (Paperback)

By Frank Crane

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Dash Diet is Ranked as The Number#1 Best Diet. The Dash Diet has more research backing it up than any other diet plan on the planet. The truth is the Dash diet is one of the most well-researched diets of all time. It s endorsed by the National Institutes of Health, the American Heart Association and the Mayo Clinic to name just a few. US News And World Report voted the Dash Diet best overall. Based on some very strict criteria. They looked at how easy it is to follow. How nutritious it is. How safe it is. And how effective it is over the long term. At not only taking the pounds off -- but keeping them off. The Dash Diet topped the list -- 7 years in a row. The medical community knows it works. And now. you do too. There s absolutely no reason to be skeptical about following this diet. since it s mostly just real food that you probably have in your kitchen right now. And it just plain works. The Dash Diet can help you...



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